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It's unclear if police have possession of device used to contact women PAGE 10

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NUMBER OF MEN GOING UNDER THE KNIFE FOR A SUPERHERO'S BODY HAS RISEN PAGE 16

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Cabs wait in a queue outside Canada Place in Vancouver on Oct. 30. JENNIFER GAUTHIER/FOR METRO

Undercover campaign to police Uber

Ride-sharing service. Unlicensed drivers face potential fines worth thousands of dollars

Undercover agents with the authority to hand out fines up to $5,000 will soon be on the prowl for operators of unlicensed, alternative taxi services in British Columbia, says Transportation Minister Todd Stone.

Plans to use the plainclothes agents to enforce existing taxi-licensing laws were announced Monday by Stone, in reaction to the expected launch of a new transportation service in Vancouver by the U.S.-based company UberX.

The company has been searching for managers and drivers through job postings on its website and on social media, and already uses a smartphone app to connect non-licensed drivers with passengers needing a ride in Toronto, Ottawa and Montreal.

"We will have dozens of undercover enforcement officers who will be at the ready to ensure that anyone who is providing a taxi-like service is doing so with a proper licence," said Stone, adding those who don't comply face maximum fines of up to $5,000.

Hours after Stone's comments, Opposition New Democratic Party Leader John Horgan introduced a private member's bill in the legislature, amending the Passenger Transportation Act.

The bill would alter the current definition of taxis to include "commercial passenger vehicles operating as part of for-profit ridesharing services" and hike the maximum fine for people operating a commercial passenger vehicle without a valid licence or permit to $20,000.

Uber spokeswoman Arielle Goren did not immediately respond to a request for an interview, but in an email sent to The Canadian Press this past weekend, she took issue with the idea that UberX is a taxi service.

"It's important to note that Uber is not a taxi service — we are a technology company — and as such we don't believe it makes sense to force-fit the services we provide into a taxi regulatory framework that is often decades old," wrote Goren.

She also said UberX trips are covered by their "best-in-class" insurance policy, which provides $5 million in coverage from the moment a driver accepts a ride to the moment the passenger steps out of the car, and which screens drivers' entire lifetimes for impaired-driving, traffic and criminal offences.

Uber operated its black-car service in Vancouver for about six months in 2012, but the company withdrew from B.C. after the provincial transportation regulator imposed a minimum fare of $75 per trip.

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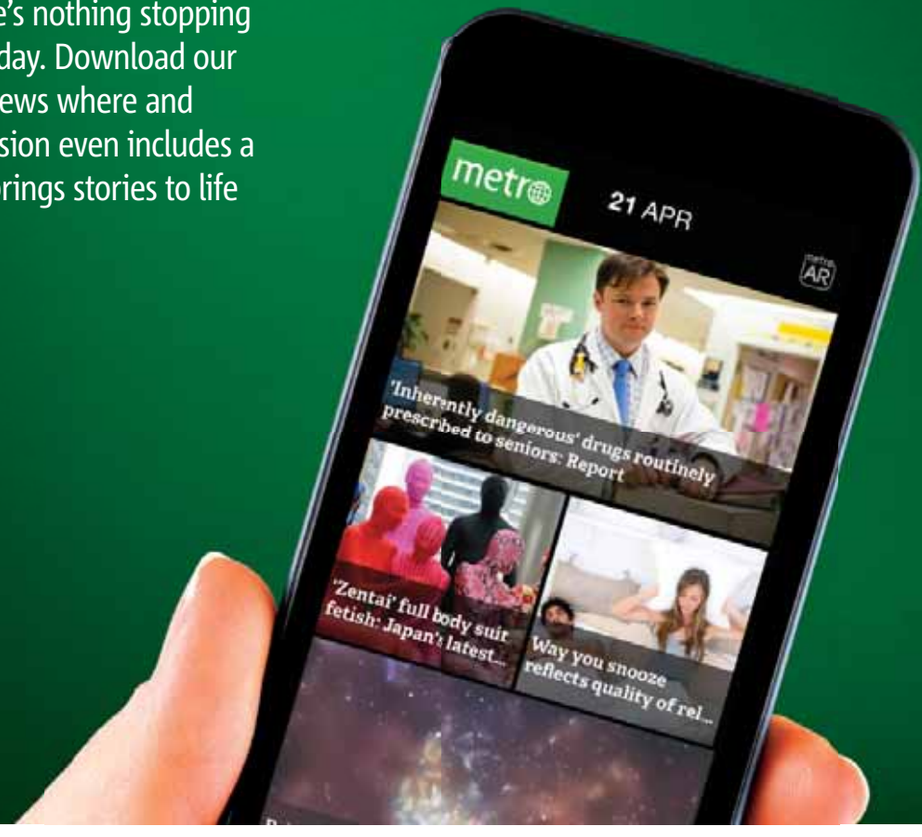
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Halloween. Fireworks calls keep police busy

Halloween was a busy night for Metro Vancouver police as officers responded to a large number of fireworks-related calls.

In Vancouver, Sgt. Randy Fincham said, police responded to a number of calls about fireworks, but there were no significant incidents of note.

Although Granville Street saw large crowds throughout the night, Fincham said, it's hard to tell if the number of police calls were significantly higher than previous years as the holiday fell on a weekend this year.

"To draw any comparison to years prior would prove difficult, as Halloween this year fell on a Friday night, which presumably added significant numbers to the crowds and festivities," Fincham said.

Meanwhile, in Surrey, Mounties responded to more than 550 calls, an increase of 25 per cent compared to last year, said Cpl. Bert Paquet of Surrey RCMP.

One-third of the calls were related to fireworks, with officers seizing thousands of fireworks and creating almost 200 bylaw files.

"That is a lot of calls," said Cpl. Bert Paquet of Surrey RCMP. "A record high for a single Halloween night shift."

Mounties are also still searching for the driver of a vehicle that struck a pedestrian around 7:45 p.m. Friday while he was standing on a roadway in the 13,400-block of 83A Avenue in Surrey.

The pedestrian, a man in his late 20s from Surrey, was taken to hospital where he was treated for non-life-threatening injuries to his upper body and released.

THANDI FLETCHER/METRO

B.C. won't withdraw from National Energy Board's Kinder Morgan hearings

'Phony process.' NDP environment critic calls on province to pull out of process and conduct its own assessment

Xenoa Skinteh fortifies a shelter on Burnaby Mountain on Oct. 30. Protesters are hoping to block Kinder Morgan from resuming surveying work in the conservation area. JENNIFER GAUTHIER/METRO FILE

British Columbia's environment minister has flat out rejected calls for the provincial government to withdraw from National Energy Board hearings into Kinder Morgan's proposed Trans Mountain expansion project.

Former BC Hydro CEO Marc Eliesen penned a letter to the energy board Oct. 30, announcing his intention to withdraw as an intervener from the upcoming hearings because he believes it is a "sham" and "endorses a fraudulent process."

Eliesen criticized the board for not allowing participants to orally cross-examine Kinder Morgan at the hearings, and the proponent's own unwillingness to disclose information.

"The National Energy Board is not fulfilling its obligation to review the Trans Mountain Expansion Project objectively," he concludes.

NDP environment critic Spencer Chandra Herbert then called on the provincial government to pull out of the process as well and conduct its own environmental assessment of the proposed pipeline expansion.

"It's not a fair process," said Chandra Herbert, echoing Eliesen's concerns. "If it is a phony process, then no voice at the table is ever going to succeed. The government should withdraw, say 'we will not put up with it anymore' and put in place an environmental assessment process in B.C."

Environment Minister Mary Polak conceded the government has had issues with the National Energy Board process when Kinder Morgan originally refused to respond to 80 written questions the government had about the project.

"We asked the National Energy Board to rule on that and they have since decided to compel Kinder Morgan to answer our questions," she said. "So for us, it's not that we have not had our own concerns, but we've dealt with them within the process."

Most of the outstanding questions have now been answered, the ministry confirmed in a statement.

Polak said British Columbia wouldn't accomplish anything by pulling out of the hearings.

"It's very important that British Columbia's concerns be heard before the panel," she said.

Polak said questioning the proponent in writing, rather than orally at the hearings, will still allow government to "make the important points that we need."

MATT KIELTYKA/METRO

Crowd funding

Protesters get help with legal fees

A group of protesters facing an injunction for impeding Kinder Morgan survey work on Burnaby Mountain has raised more than $19,000 to cover legal fees.

The activists have been named as defendants in the case and have launched a Gofundme crowdfunding page as they prepared for their court case this week.

In the first 24 hours, more than 150 donors had contributed to the fund.

Hearings begin Wednesday morning at B.C. Supreme Court in Vancouver. METRO

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Teachers' strike mediator to see park board, community centres

Vince Ready. Both parties to pay $5,000 for two days of talks with veteran mediator

EMILY JACKSON
emily.jackson@metronews.ca

The community centre associations mired in a legal battle with Vancouver's park board have called in the big guns to help solve their dispute.

Mediator Vince Ready, the man credited with resolving the teachers' strike and the yearlong Richmond Ikea strike, has agreed to meet with the six associations and the park board this week to discuss the next steps.

The six associations took the park board to B.C. Supreme Court over their joint operating agreement. They asked Ready to step in as a mediator in an attempt to solve the problem outside court, according to lawyer Dean Davison.

Both parties will pay $5,000 for two days of discussions with the veteran mediator.

But don't expect Ready to save the day immediately.

While the park board welcomes the chance to meet with Ready, he needs to "get up to speed" with the facts before the city agrees to a mediated solution, park board commissioner Aaron Jasper said Monday.

"We've always been open to other courses of action beside litigation, but I think it's premature to say Ready has agreed to mediate," Jasper said. "The first step is to make sure he is fully briefed."

Ready typically mediates negotiations, but the six associations aren't in talks with the park board, Jasper added.

The majority of the city's community centre associations have been negotiating with the park board for almost two years in an attempt to renew their joint operating agreements.

Yet one association dropped out of the negotiations this weekend after accusing the park board of not negotiating in good faith.

It was an "extremely difficult" decision to walk away from the table, said Renfrew Park Community Association president Hazel Hollingdale, who hopes negotiations will eventually restart under a different framework.

"They're going to have to demonstrate good faith and repair damage done over the past two years," she said.

Mediator Vince Ready arrives to meet with B.C. Teachers' Federation president Jim Iker and B.C. Public School Employers' Association negotiator Peter Cameron regarding the teachers' strike on Aug. 28. DARRYL DYCK/THE CANADIAN PRESS FILE

Vision fails to release donor list by promised date

A Vision Vancouver election advertisement affixed to a bike outside the campaign headquarters on Monday. EMILY JACKSON/METRO

Vision Vancouver was too busy counting its money over the weekend to meet its self-imposed deadline to release its donor list.

That's the excuse Vision Coun. Raymond Louie gave Monday when asked about the missed Sunday deadline, which Vision promised amid mounting public scrutiny over a $102,000 donation from union CUPE Local 1004 that the Non-Partisan Association (NPA) labeled "corruption."

"We had 1,000 people come to our fundraising gala just the other day last week, and many people are still flowing money and support through," Louie said at a press conference.

"That's part of the challenge of being popular I guess: there's a lot of work to be done to put it all together."

Louie would not say when Vision will release its donor list, although the party said Sunday it will happen "later this week." When asked if staff couldn't simply release the list of names and numbers — they must keep such records — he said they were "working on it as fast as they can."

Louie shrugged off the missed deadline at a press conference where he repeatedly criticized the NPA for not releasing its platform when it said it would.

Louie said he doesn't trust the NPA because they've missed their deadlines, adding that NPA mayoral candidate Kirk LaPointe should be familiar with deadlines due to his former role as editor of the Vancouver Sun.

"If his employees would have missed his deadlines as consistently as he has, he'd be fired," Louie said.

The NPA has promised to release its donor list by Friday.

EMILY JACKSON/METRO

Early birds

On Friday, the Green Party was the first party to reveal its donors. It has so far earned $46,387.

- **OneCity,** a new party headed by former COPE candidate RJ Aquino, released its full donor list on Monday. It has raised $47,286 thus far.

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Foreign tankers pose greatest oil spill risk: UBC

Report. Vessels flying 'flags of non-compliance' linked to spills, researchers say

MATT KIELTYKA
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Ships registered in countries that fail to comply with international safety and environmental standards pose the greatest risk of oil spills, UBC researchers warn.

The university's Fisheries Economics Research Unit released a report Monday saying that more than half of the ships involved in the 100 largest oil spills of the past three decades were flying so called "flags of non-compliance," meaning they were registered to foreign states with weak marine and labour regulations.

About a third of the current global oil tanker fleet are flying the flags of states with poor marine safety records, the report found.

Report co-author Rashid Sumaila said the issue is one that should concern British Columbians, where increased tanker traffic is already happening.

"We've identified a group of vessels that cause more harm than any other and we need to focus on that," said Sumaila.

"It's something that people need to be aware of."

An oil tanker is guided by tug boats as it goes under the Lions Gate Bridge.
MATT KIELTYKA/METRO

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Deadly crash

Three-year prison sentence for B.C. driver who promised not to DUI

The night began with a promise not to drink and drive and ended with an impaired driver crashing his pickup and killing two passengers. Now the man behind the wheel on March 20, 2010, has been sentenced to three years in prison for the deaths of 20-year-old Brittany Plotnikoff and 38-year-old Kenneth Craigdaillie.

Wayne Fedan was driving them home from a party when he crashed his vehicle.

His sentence includes a ban on driving for three years after he is released from prison. B.C. Supreme Court Justice Deborah Kloegman noted in her judgment that Fedan promised Plotnikoff's stepfather earlier that evening that he would not drink and drive.

The 53-year-old construction worker was also charged with impaired driving causing death but Kloegman earlier ruled that his blood-alcohol readings could not be entered as evidence due to improper police conduct.

THE CANADIAN PRESS

Hefty price

Vision Vancouver accuses NPA of expensive campaign promises

Swimming pools, counterflow lanes and a tax freeze may sound nice, but these NPA campaign promises come at a hefty price, according to ruling party Vision Vancouver.

The NPA's pledges will cost the city $146 million, according to an estimate from Vision Vancouver Coun. Raymond Louie.

Louie, who has chaired the city's finance committee for six years, said it would be "impossible" to fulfil the NPA's promises without cutting programs because the city is legally bound to balance its budget.

"It's easy to give promises during an election, but it's very hard to balance a budget based on what they're saying in terms of promises and tax freezes," Louie said.

Louie's numbers are based on public staff reports estimating certain program costs over the years, such as free Wi-Fi ($10 million) or counterflow lanes ($17 million each).

EMILY JACKSON/METRO

Ballot

Vancouver election advance polls open Nov. 4

It's time to vote, Vancouver.

Advance polls for the city's Nov. 15 municipal election open Tuesday.

Voters can cast their ballots at any of the eight advance poll locations between 8 a.m. and 8 p.m. from Nov. 4 to Nov. 12, excluding Remembrance Day.

In order to vote, adults must bring their voter information card or two pieces of identification.

Voters will select one mayor, 10 councillors, seven park board commissioners and nine school trustees. The winning candidates will control the direction of our city for the next four years.

In the 2011 election, a mere 34 per cent of Vancouverites cast a ballot. (That's pretty dismal compared to the 60 per cent of Torontonians who voted in the 2014 election.) For a list of voting locations and candidates, visit vancouver.ca/vote.

EMILY JACKSON/METRO

Should dogs be allowed on B.C. buses?

'People are very passionate about their pets.' BC Transit survey fetches record-breaking response

THANDI FLETCHER
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Transit riders are barking up a storm on social media about whether dogs should be allowed on Greater Victoria buses.

As of Monday, almost 2,900 people and 274 Victoria transit operators had participated in a BC Transit survey, posted on Facebook last week, requesting public input on whether dogs of all sizes should be allowed on buses without a cage.

"It's a record-breaking response," BC Transit spokeswoman Meribeth Burton told Metro. "People are very passionate about their pets."

Pets including dogs, cats, birds, ferrets and other animals are already allowed on Victoria transit buses, but only if they are small enough to fit in a hand-held carrier.

The change in policy would allow dogs of all sizes. At the moment, only assistance animals are allowed on buses without a carrier.

Burton said the provincial crown agency is seeking opinions until Nov. 9, and will be reporting findings to the transit commission in December.

Of the roughly 50 comments posted on Facebook about the survey, the majority seemed opposed to the idea.

"I love dogs, but this is a bad idea! Especially so given that we live in a litigious society — you are just opening up lawsuits, and never mind 'sick buses' for inevitable doggie accidents. Plus, how do you accommodate dogs during peak rush hour periods?" commented Facebook user David Allinson.

The survey came about after two Victoria residents, Daphne Taylor and Fran Thoburn — members of the Raging Grannies activist group — delivered a petition with more than 800 signatures in favour of dogs on Greater Victoria transit buses.

Taylor, originally from England, said BC Transit's policy "lags behind" many other regions in North America and Europe that allow pets on transit.

The 86-year-old dog owner said she launched the petition because she believes allowing dogs on buses could help in the fight against climate change, encouraging more people to choose transit over cars.

"It sounds like a small solution, but it's one small thing and then it grows," she said.

In Vancouver, TransLink is also reviewing its pet policy after the idea of allowing leashed dogs on transit was presented to the board last Friday.

Since 2001, TransLink has allowed guide dogs on transit, as well as small pets that must fit into a cage or container.

But Jiana Ling, spokeswoman for TransLink, said there are many factors for the transit operator to consider, including allergy concerns, other transit agencies' policies, as well as consultation with customers, stakeholders and operators.

A BC Transit survey received a "record-breaking" response when it asked if dogs should be allowed on buses without a cage. COURTESY SHANNON BLAIR

Heated remarks at church meeting cost man $90K

Some heated remarks made during a Burnaby church meeting have resulted in a judge ordering a church member to pay $90,000 in defamation damages for slandering two church members.

The meeting took place at St. Archangel Michael Serbian Orthodox Church in Burnaby on May 9, 2010.

In a lawsuit filed in B.C. Supreme Court by Mijodrag Gordić, also known as Mike Gordić, and Predrag Vladikovic, also known as Peter Vanagan, alleged that a member of the church, Radomir Buhač, made false and defamatory statements to the effect that the members of the church construction committee were, in Serbian, "lopovi," which translates to "thieves."

Further spoken in Serbian, Buhač said "that it was time to kick them out of the church." At the same meeting, the church's priest, Desimir Vidović, allegedly said in Serbian that Gordić was "neprijatelji crkve" — an "enemy of the church" — and should be expelled.

The statements caused a commotion during the meeting to discuss new church bylaws, which was attended by more than 60 people, including about 20 non-members of the church. The defendants denied making the statements. One person recorded the heated discussions on his cellphone, which was translated to English, but portions were difficult to hear because of the shouting at the meeting.

Refusal to apologize

The plaintiffs hired a lawyer, who demanded an apology. When Buhač and Vidović refused to apologize, the plaintiffs launched legal action for defamation.

The judge had to rely on the memories of witnesses who attended the meeting to determine if the alleged defamatory words were spoken.

Vanagan, an architect, was a member of the construction committee that was responsible for the planning of the combined church and community centre, and Gordić was chair of the committee.

In a ruling, Justice Grant Burnyeat found that those at the meeting likely discussed what was said with others who did not attend the meeting, which affected the reputation of the plaintiffs within the Serbian community.

"I am satisfied that it is necessary to make an award which is sufficient to convince those who heard the statements on May 9, 2010, or who may have later heard the words used by Mr. Buhač, that the statements made by him were entirely without merit," the judge concluded.

"I am satisfied that these awards should act as vindication for the plaintiffs within the Serbian community and as a consolation for the wrongs done to them."

The judge awarded the plaintiffs damages of $45,000 each against Buhač.

The judge found that while Gordić was defamed by Vidović, the plaintiff was not entitled to damages from the priest.

NEAL HALL/FOR METRO

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Const. Kwesi Millington

Another RCMP perjury trial linked to Dziekanski's death now underway

The RCMP officer who stunned Robert Dziekanski with a Taser at Vancouver's airport was in court Monday to face a charge of perjury, as the Crown again alleged the four Mounties involved in Dziekanski's death lied to a public inquiry.

Const. Kwesi Millington shocked Dziekanski multiple times with a Taser during a confrontation in October 2007. He was among four officers called to the airport.

Const. Kwesi Millington
THE CANADIAN PRESS

The officers were forced to explain their actions at a public inquiry that was held two years later, and all four were later charged with perjury for their testimony.

Millington is the third officer to face trial. Const. Bill Bentley was acquitted of the same charge last year, while former corporal Benjamin (Monty) Robinson's trial began last week and continued Monday in another courtroom.

The Crown has advanced the theory that the officers lied to investigators after Dziekanski's death and then again at the public inquiry as they attempted to square their earlier lies with an amateur video of the incident.

"We argue that Const. Millington, in giving his testimony under oath, gave false testimony with intent to mislead the inquiry," Crown counsel Eric Gottardi said.

As in the other trials, the Crown intends to argue each of the officers' statements contained similar errors.

THE CANADIAN PRESS

Prentice, Clark vow to warm up relations

Post-Redford era.
Premiers discuss trade, Asia Pacific markets, proposed Northern Gateway pipeline

Alberta Premier Jim Prentice and British Columbia's Christy Clark have promised warmer relations after Clark's "frosty" dealings with former premier Alison Redford.

Prentice's visit to B.C. on Monday was his first trip outside Alberta after being sworn in as premier Sept. 15.

When asked by reporters if they had moved on from the rancour that was visible with Redford, Clark did not respond directly but instead praised Prentice.

Clark noted that Prentice, while serving in the cabinet of Prime Minister Stephen Harper, was the minister for the environment and for aboriginal issues.

"We have so much that we have in common that we want to work together on and, in order to make that work, we need to understand also how we're different," she said. THE CANADIAN PRESS

Praise

"There hasn't been a premier in Alberta's history who has understood British Columbia's uniqueness as well as Premier Prentice does."
Premier Christy Clark

B.C. Premier Christy Clark and Alberta Premier Jim Prentice. THE CANADIAN PRESS

2017 opening. Toronto firm chosen to design new Emily Carr University

The architecture firm behind Canada's first purpose-built opera house has been chosen as the designer for the new $134-million facility for Emily Carr University, the B.C. government announced Monday.

Diamond Schmitt Architects, working with Vancouver-based Chernoff Thompson Architects, is part of the design team selected as the preferred proponent to enter into final negotiations to build a new facility for the Emily Carr University of Art + Design.

"With today's milestone, we move even closer toward the creation of a new campus at Great Northern Way," Emily Carr University president and vice-chancellor Ron Burnett said in a statement.

The new campus will allow the university, which has outgrown its current Granville Island campus, to accommodate more than 1,800 students.

Diamond Schmitt Architects was chosen over two other shortlisted teams for the project: Toronto-based Zeidler Partnership Architects and Vancouver-based Bing Thom Architects.

Based in Toronto, the firm has a portfolio of cultural projects around the world, including the Four Seasons Centre for the Performing Arts opera house in Toronto, the first purpose-built opera house in Canada, as well as La Maison Symphonique de Montreal, the New Mariinsky Theatre in St. Petersburg, Russia, the Jewish Community Centre in Manhattan and, in this region, the North Vancouver City Library.

The capital cost of the project is budgeted at up to $134 million, including a provincial investment of up to $113 million. The remainder of the budget will be raised through the university's capital campaign, according to the B.C. government.

Construction is expected to start in spring 2015 and will be completed in 2017.
THANDI FLETCHER/METRO

Campbell River

Man charged with killing wife found dead at home

An elderly man charged with killing his wife earlier this year has been found dead in his Campbell River, B.C., home.

The B.C. Coroners Service confirmed the identity of 85-year-old Konstanty Butkiewicz on Monday.

He was facing a second-degree murder charge in the death of his wife, 71-year-old Caroline Surrett, who died in February.

Investigators say foul play has been ruled out in Butkiewicz's death.
THE CANADIAN PRESS

Off Vancouver Island

RCMP vessel rescues crew from sunken tug

RCMP says its patrol vessel, the Inkster, was just minutes away from a sinking tug when its crew sent out a mayday call on Sunday morning.

The RCMP vessel was heading toward Ucluelet on the west coast of Vancouver Island and changed course.

An RCMP news release says the Inkster came upon the two crew members in a life raft about five minutes later. The crewmen were cold and wet but unharmed. THE CANADIAN PRESS

Canada's Iraq mission.
Air force chief appears to suggest revenge at play

The commander of the Royal Canadian Air Force appears to be injecting a new element into the rationale for Canada joining the international air war in Iraq: revenge.

A photograph was posted to Lt.-Gen. Yvan Blondin's Twitter account Saturday that appears to be from the funeral of Warrant Officer Patrice Vincent, killed in October by a known jihadist.

Along with the photo, Blondin wrote: "Dear ISIL, thinking of you. Some of my colleagues are in your area. Hopefully, they'll have a chance to drop by."

The tweet was deleted Monday afternoon.

On Sunday, two CF-18 jet fighters dropped laser-guided bombs near Fallujah, west of Baghdad, the first such Canadian activity in Iraq since the airstrikes were authorized.

"The comments made by Lt.-Gen. Blondin were inappropriate and have been removed," Johanna Quinney, a spokeswoman for Defence Minister Rob Nicholson, said in an email.

"Our government remains committed to degrading the ISIL threat to protect Canadians at home, and our interests abroad."

Two days after Vincent was killed, a gunman described by the RCMP as having radical ideology killed a Canadian soldier on honour guard duty at the war memorial and then stormed Parliament Hill.

Though the prime minister has addressed the attacks both in a televised speech and in Parliament, he has never gone so far as to link them to the combat mission in Iraq.

Jonathan Rose, a political communications expert at Queens University in Kingston, Ont., said it's troubling to see a military commander make the connection.

THE CANADIAN PRESS

A Canadian Forces CF-18 jet fighter from 409 Squadron taxis after landing in Kuwait last week. COURTESY DND-MND/THE CANADIAN PRESS

Air war against ISIS not enough: Hollande

Gunman 'defiled' Parliament.
French president pays tribute to Kevin Vickers, who took down attacker

Prime Minister Stephen Harper welcomes French President Francois Hollande Monday to Parliament Hill in Ottawa. ADRIAN WYLD/THE CANADIAN PRESS

Canada's Parliament was "defiled" last month when a gunman killed a soldier at the National War Memorial and stormed the Centre Block, says French President Francois Hollande.

But he suggested the air campaign in Iraq and Syria to fight the Islamic State in Iraq and al-Sham (ISIS) won't be enough.

"It won't be resolved with a few bombings," he said. "The bombings will not help us find political solutions."

Canadian fighter jets are part of the Western coalition fighting ISIS, as two CF-18s dropped bombs on ISIS targets near Fallujah, west of Baghdad, on the weekend. They are part of a six-month contribution that many analysts say could take much longer to defeat the ISIS threat.

Hollande addressed Parliament on Monday before scheduled visits to Montreal and Quebec City.

The French president also saluted Sergeant-at-Arms Kevin Vickers, the man who ultimately took down the attacker.

"This seat of democracy ... was defiled on Oct. 22 by a terrorist-inspired attack, the ultimate goal of which was to attack the very idea of freedom, which this Parliament represents," Hollande said.

"I salute the courage of Kevin Vickers, who is known all across the world."

Earlier, the French president placed a wreath at the war memorial.

Prime Minister Stephen Harper touched on the attacks on Parliament and the National War Memorial as he introduced Hollande to a special joint session of Parliament.

Harper told Parliament he and Hollande had discussed Russian President Vladimir Putin's aggression in Ukraine, the "urgency of dealing with climate change" and the ongoing Ebola crisis.

In his speech, Hollande said the world must act to reduce greenhouse gas emissions caused by fossil fuels.

France will host the next major international climate summit in December 2015 and Hollande said he wants Canada's help.

THE CANADIAN PRESS

Air campaign against ISIS

"It won't be resolved with a few bombings ... The bombings will not help us find political solutions."

French President Francois Hollande

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Sentry on duty with Cirillo on day of shooting set to return to post

The young corporal who was standing sentry alongside Cpl. Nathan Cirillo the day he was killed is set to return to duty — though he admits it won't be easy.

"My fellow soldiers and I remain proud and committed to watching over the Tomb of the Unknown Soldier as a strong, silent reminder of every person who made the ultimate sacrifice," Cpl. Branden Stevenson said in a statement Monday.

Stevenson said he is still in shock and grieving the loss of his best friend, whom he'd known since Grade 9 and whose love of the military inspired him to follow in Cirillo's footsteps.

They were always laughing and joking about something and the morning of Oct. 22 was no different, he said.

The fateful day

Cpl. Branden Stevenson was at the National War Memorial on the morning of Oct. 22 when Michael Zehaf Bibeau killed Cpl. Nathan Cirillo and then stormed onto Parliament Hill.

- Eyewitness accounts of that morning suggested Bibeau fired at Stevenson as well, but missed. Stevenson then ran to Cirillo's side to help administer first aid.

"As we stood sentry and walked the beat, one of my socks was sagging. Nathan smiled and intentionally kept our walk going so my sock would fall a little more," he said.

Stevenson said he's choosing to return to work to honour Cirillo and Warrant Officer Patrice Vincent, who was killed that same week in Quebec by a man with jihadist sympathies.

Hundreds of mementoes left at the National War Memorial over the last 10 days to honour Cirillo and Vincent were removed by government workers over the weekend to prepare the site for Remembrance Day ceremonies.

THE CANADIAN PRESS

Regina police probing Reddit post connected to missing girl

Tamra Keepness. The five-year-old disappeared in 2004; on Sunday, a Reddit user posted a map implying her location

JACOB MORGAN
Metro in Regina

A cryptic post on Reddit claiming to know the whereabouts of a little girl who went missing in Regina has reignited discussions about the 10-year-old case.

On Sunday, Reddit user MySecretIsOut shared an image of a roughly sketched map on the Regina section of the website entitled, "Location of Tamra Keepness, check the wells."

Keepness was five years old when she disappeared on July 5, 2004 and was last seen in her home. One commenter in the thread says they reported the post to the police.

Elizabeth Popowich, a spokeswoman with the Regina Police Service (RPS), said the post would be treated in the same manner as previous tips.

"Our investigator is going to take a look at it and try and determine whether or not there is any credibility," said Popowich. "From there we'll take appropriate investigative action."

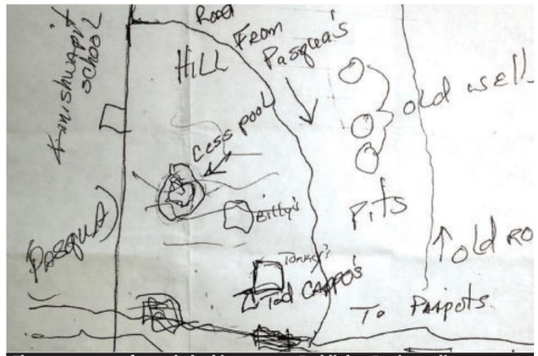
Both the RCMP and the Muscowpetung Saulteaux Nation, a reserve northeast of Regina that the map appears to depict, have said they are aware of the situation. The original poster responded on Reddit on Monday to clarify his or her intentions, stating the map belonged to their late grandmother, who had dementia.

"My reason for submitting it here is because I know Reddit is famous for getting the media involved," reads the comment. "I feel that any new information on this little girl's disappearance should be out in the open."

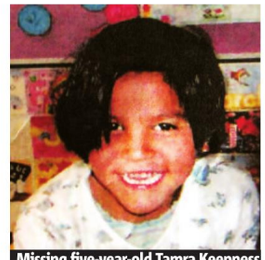
The user explains that the unnamed grandmother followed the case and obtained the map from her late sister.

"All she ever said was her sister in Alberta had given her a map that she (the sister) got based on visits to someone in a prison," states the comment.

MySecretIsOut also asks for anonymity as a safety precaution and claims to have contacted the RPS, RCMP and Crime Stoppers.



The appearance of a crude-looking map on Reddit has Regina police investigating a possible new lead in a missing person's case. CONTRIBUTED



Missing five-year-old Tamra Keepness
TROY FLEECE/THE CANADIAN PRES

Convicted killer. Military pension can't be targeted in Williams suit: Judges

A woman pursuing a lawsuit against convicted sex killer Russell Williams can't go after his military pension for potential damages just yet, Ontario's highest court ruled Monday.

Williams, once a rising star in the Canadian Forces, was sentenced to life in prison in October 2010 after pleading guilty to the murders of Jessica Lloyd and Cpl. Marie-France Comeau.

He reached an out-of-court settlement with some of his victims, but a suit by sexual assault victim Laurie Massicotte remains active.

The panel of judges allowed Massicotte to amend her statement of claim to allege that the province of Ontario violated her charter rights to security and equality when police investigated her assault in a manner "which placed the value of the criminal investigation above their duty to protect" her.

THE CANADIAN PRESS

2008 campaign

Del Mastro found guilty of exceeding spending limits

Former Conservative MP Dean Del Mastro has been found guilty of exceeding spending limits during the federal campaign in 2008.

Del Mastro was also convicted of failing to report a personal contribution of $21,000 to his own campaign and knowingly submitting a falsified document. He was found guilty on a fourth charge, but that charge was stayed.

The now-independent MP, a former parliamentary secretary to Prime Minister Stephen Harper, faces a maximum penalty of one year in jail and a $1,000 fine, as well as the prospect of losing his House of Commons seat.

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Nova Scotia. Mom at a loss for words about pin found in child's Haloween candy

The mother of a 14-year-old Halifax-area girl who found a pin in her Halloween candy says she is at a loss to explain to her daughter why someone would do this.

Nancy Hayes said her 14-year-old daughter, Ariane Huot, had been breaking open the chocolate bars she collected while trick-or-treating on Halloween when she found a tailor's pin in a Wunderbar on Sunday and ran to tell her mother.

"It was scary," Hayes said Monday. "It's an urban legend. I heard that when I was a teenager and it's still the same story, but to find one? It's unbelievable."

After looking at the mini-chocolate bar more closely, Hayes said she noticed two holes in the wrapper and assumed someone had pushed the pin into the bar until it came out the other side, then pushed it back until it was encased in the chocolate.

The pin found inside the chocolate bar. CONTRIBUTED

Hayes said she was planning on asking the Halifax Regional Police what to do about the situation on Monday, but someone saw Huot's photo of the pin on Instagram and called the RCMP, who are now investigating.

When Huot asked her mother why someone would do something like this, Hayes said although she's an adult "I still don't understand."

HALEY RYAN/METRO IN HALIFAX

Ghomeshi used CBC-owned phone to send graphic texts to women, source reveals

Ongoing scandal. Broadcaster claims its ownership of phone refutes ex-radio star's claim he was let go due to his 'private life'

Workers scrape a wall that had a publicity photo of Jian Ghomeshi in the broadcasting corporation's Toronto offices on Oct. 27. A source reveals Ghomeshi used a CBC-owned phone to send lewd text messages to women. CHRIS YOUNG/THE CANADIAN PRESS

Jian Ghomeshi used a CBC-owned phone to send lewd text messages to women, a source has told Torstar News Service.

The public broadcaster believes its ownership of the smartphone refutes Ghomeshi's claim that he was fired because of how he conducted himself in his "private life."

"The contents of that phone belong to the CBC — it's the CBC's property," said a source familiar with the situation.

The source says Ghomeshi lied to CBC management when he was asked "eyeball to eyeball" about allegations of violent sexual behaviour being investigated by Torstar.

Ghomeshi showed texts and other material to CBC officials to bolster his claim, but the source said they were so shocked by what they read and saw that it had the opposite effect.

"(CBC) didn't know the scope of what they were dealing with," the source said, adding it is unclear whether CBC information technology staff have begun poring over Ghomeshi's work email account for other evidence.

It is also unclear whether police, who announced Friday they are investigating Ghomeshi, are in possession of the phone. Toronto police spokesman Mark Pugash said police do not discuss details about an investigation.

Asked if CBC turned over the phone to police, spokesman Chuck Thompson told Torstar in an emailed statement that, "We are co-operating fully with Toronto Police Services."

Pugash said he had nothing to add to what was said at a police news conference Saturday, where it was revealed that three women have come forward with allegations against Ghomeshi.

Ghomeshi was fired on Oct. 26, after his CBC bosses saw "graphic evidence that Jian had caused physical injury to a woman," CBC has said in an internal memo.

Since then, various media outlets have published the accounts of nine women accusing Ghomeshi of harassment, physical abuse and sexual assault. One of the women, a CBC employee, alleges that on one occasion on his way out of the Q studio, Ghomeshi approached her from behind and cupped her buttocks.

Ghomeshi has said that he will meet the allegations "directly" and has maintained in a Facebook post and through a $55-million lawsuit against the CBC that all his sexual interactions have been consensual. TORSTAR NEWS SERVICE

Jun Lin murder trial

Magnotta heard voices, doctor says

Luka Rocco Magnotta was convinced in 2005 that he was being stalked and that voices in his head told him he walked like an ape, a Toronto doctor told his murder trial Monday.

Dr. Allan Tan testified that a psychiatrist had diagnosed the accused as manic depressive and mildly schizophrenic before Tan began seeing him in 2003.

THE CANADIAN PRESS

Outbreak

Feds to invest over $30 million to fight Ebola

The federal government is committing an extra $30.5 million to programs devised to shore up Canada's readiness to deal with Ebola in this country.

Health Minister Rona Ambrose says the new funding also contains an additional $3 million to help the World Health Organization in its efforts to fight Ebola in West Africa.

THE CANADIAN PRESS

Fallout

Polaris drops Ghomeshi from jury

The Polaris Music Prize has removed former host Jian Ghomeshi from its jury.

Ghomeshi had been among the 200-plus journalists, broadcasters and bloggers who annually vote on the $30,000 award, given to the best Canadian album of the previous year.

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ISIS

Militants publicly execute 36 Sunnis

Islamic State of Iraq and al-Sham (ISIS) militants shot and killed 36 Sunni tribesmen, women and children in public Monday, an Iraqi official and a tribal leader said, pushing the total number of members slain by the extremists in recent days to more than 200.

Sheik Naim al-Gaoud, a senior figure in the Al Bu Nimr tribe, said the militant group killed 29 men, four women and three children, lining them up in the village of Ras al-Maa, north of Ramadi in Anbar province.

The tribal leader said 120 families were still trapped there.

THE ASSOCIATED PRESS

Accidental shooting

Boy, 4, shoots sister, 3, in head

Police say a three-year-old Ohio girl is in critical condition after being shot in the head by her four-year-old brother, who found a gun in a dresser.

The shooting occurred around 10 a.m. Sunday in Lorain, about 48 kilometres west of Cleveland. Police say the two children were playing alone in a bedroom when the boy found a loaded .40-calibre handgun.

A police report says the father was holding the girl in his arms when officers arrived. The report says the boy was crying and repeatedly told an officer he was sorry.

THE ASSOCIATED PRESS

Costa Concordia

Dismantlers find remains believed to be those of missing waiter

The company dismantling the Costa Concordia cruise ship says workers have discovered human remains believed to be those of the last missing crew member.

The Ship Recycling company said the remains were found Monday in a cabin on the ship's eighth deck. The remains were being turned over to Italian authorities for identification.

The Concordia capsized after hitting rocks near a Tuscan island in January 2012, killing 32 people. All have been accounted for except an Indian waiter.

THE ASSOCIATED PRESS

Russia removes Jobs memorial

A girl touches the screen showing a portrait of Steve Jobs on the recently erected memorial to the late Apple Corp. co-founder in St. Petersburg. The six-foot-tall interactive memorial at Techno Park at the St. Petersburg National Research University of Information Technologies, Mechanics and Optics has been taken down in response to last week's announcement that the CEO of Apple, Tim Cook, is gay.

DMITRY LOVETSKY/THE ASSOCIATED PRESS

Moms with HIV did not give consent to be sterilized: Court

Namibia. Top court upholds 2012 ruling that health workers coerced HIV-positive mothers in labour to sign sterilization forms

Namibia's Supreme Court upheld a ruling that health workers sterilized HIV-positive women without their consent, a human rights group said Monday.

The 2012 judgment that was upheld had found health workers had coerced three HIV-positive mothers to sign sterilization consent forms they did not fully understand, and while they were in labour, the Southern Africa Litigation Centre said.

The centre said the ruling sends a message to the government to stop the practice in the southwestern African nation, and elsewhere.

"This decision has far-reaching consequences not only for HIV-positive women in Namibia but for the dozens of HIV-positive women throughout Africa who have been forcibly sterilized," Priti Patel, the centre's deputy director said in a statement.

Sterilization is a drastic tactic to treat HIV-positive women, as mother-to-child transmission of HIV and AIDS can be prevented with medication.

Namibia's high court will assess how much money the three women should be awarded, according to the centre. The women had all sought care at government hospitals in Namibia while in labour. One woman signed a form that used only acronyms to describe the procedure, while another signed after being told she didn't have a choice, the centre said.

THE ASSOCIATED PRESS

Forced sterilization

Since the case was filed in 2009, dozens of women have told stories of similar experiences at public hospitals.

- **Namibian Women's Health Network.** The organization first began documenting allegations of forced sterilization in 2007.
- **250,000 Namibians infected.** Ten per cent of the population is living with HIV.

Sierra Leone. Fifth doctor dies of Ebola, UN moves to double staff in region

A doctor in Sierra Leone has died of Ebola — the fifth local doctor in the West African nation to die of the disease, authorities said Monday.

The death of Dr. Godfrey George, medical superintendent of Kambia Government Hospital in northern Sierra Leone, was a blow to efforts to keep health-care workers safe.

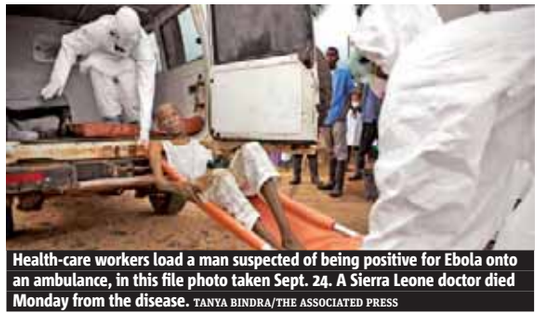
George's death was announced by Dr. Brima Kargbo, Sierra Leone's chief medical officer. Doctors and nurses have been particularly vulnerable to contracting Ebola, as the virus is spread through bodily fluids.

At the United Nations in New York, Ebola coordinator Dr. Peter Salama of UNICEF said the UN children's agency would double its staff from 300 to 600 in Guinea, Liberia and in Sierra Leone, where children make up 20 per cent of all Ebola cases. About 4,000 children have been orphaned by Ebola, he said.

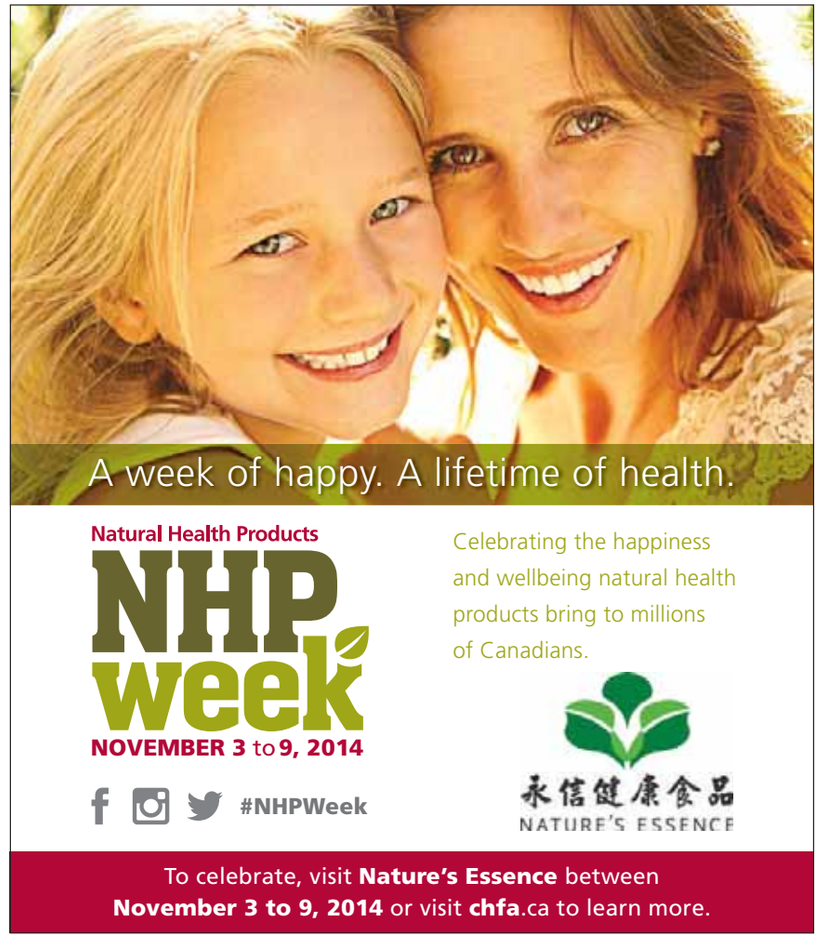
More than 5,000 people have died during the outbreak, with twice as many infected.

Sierra Leone's health-care system was already fragile before the Ebola epidemic because of past conflict and a lack of resources. The country had two doctors for every 100,000 people in 2010, compared to about 240 doctors for the same number of people in the United States, states the WHO.

THE ASSOCIATED PRESS



Health-care workers load a man suspected of being positive for Ebola onto an ambulance, in this file photo taken Sept. 24. A Sierra Leone doctor died Monday from the disease. TANYA BINDRA/THE ASSOCIATED PRESS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Hotels. Check-ins via phone could be beginning of the end of the concierge

Hotels don't want guests to have to linger at the front desk — or even stop by at all.

New programs are helping speed up the check-in process for busy travellers, or in at least one case, letting them go straight to their rooms by using their smartphone to unlock doors.

The innovations are still being tweaked as hotels scramble to catch up to airlines. Flyers today use their phones to check in, select seats and serve as a boarding pass. Hotels envision a similar relationship, with guests ultimately ordering poolside drinks via an app.

Starwood Hotels and Resorts on Monday became the first chain to let guests unlock doors with their phones. The feature is available at only 10 locations of Aloft, Element and W hotels but will expand to 140 more properties in those brands by the middle of next year.

Hilton Worldwide is the only other hotel chain to publicly acknowledge plans for mobile room keys, which Hilton plans to roll out at the end of 2015 at some U.S. properties. Hilton won't say how many hotels will be included, except that the service will be available at four of its brands — Hilton, Waldorf Astoria, Conrad and Canopy.

THE ASSOCIATED PRESS

Hilton

2015

Hilton Worldwide plans to roll out mobile room keys at the end of 2015 at some U.S. properties

The Marriott Marquis Times Square hotel in New York is among the hotels now offering a mobile check-in option. KATHY WILLENS/THE ASSOCIATED PRESS FILE

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Instagram in Canada

Fast, beautiful way to share ads?

Facebook's popular Instagram photo-sharing app soon will start running ads in Canada.

Some users may have already seen a message from Instagram with a heads-up that advertisements will soon be displayed in their streams.

It was about a year ago that Instagram started sprinkling ads into user streams in the U.S., and a similar move was made in the U.K. in September. Instagram also recently launched video ads in the U.S. THE CANADIAN PRESS

Shomi the catch ...

Streaming service only for Rogers, Shaw customers

The new streaming service Shomi is being launched by Rogers and Shaw today.

Seen as a competitor to Netflix, Shomi will debut with nearly 12,000 hours of content to stream — mostly TV shows — for $8.99 a month.

Only Rogers and Shaw customers can sign up for the service at first, although the companies hope to make it more widely available over time.

THE CANADIAN PRESS

Market Minute

DOLLAR 88.05¢ (-0.67¢)

TSX 14,537.62 (-75.70)

OIL $78.78 US (-$1.76)

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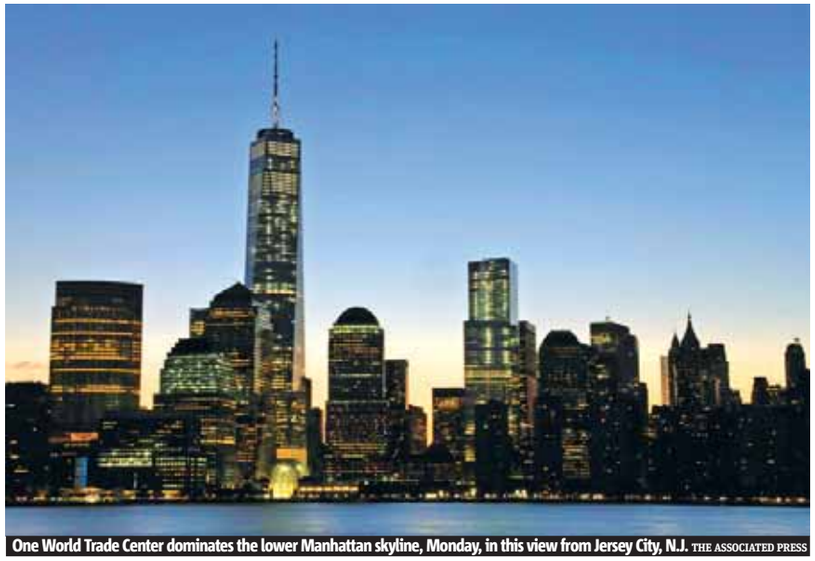
Natural gas: $4.04 (+$0.03)
Dow Jones: 17,366.24 (-24.28)



One World Trade Center dominates the lower Manhattan skyline, Monday, in this view from Jersey City, N.J. THE ASSOCIATED PRESS

New World Trade Center rises from the ashes in N.Y.C.

Post-9/11. Skyscraper now open for business in Lower Manhattan, following the terrorist attack 13 years ago

The silvery skyscraper that rose from the ashes of the Sept. 11, 2001, terror attacks to become a symbol of American resilience opened for business Monday, as 175 employees of the magazine publishing giant Condé Nast settled into their first day of work there.

The opening of the tallest building in the U.S., One World Trade Center, marked a symbolic return to a sense of normalcy for the site where the twin towers fell more than 13 years ago.

"The New York City skyline is whole again," said Patrick Foye, executive director of the Port Authority of New York and New Jersey, which owns both the building and the World Trade Center site.

Steps away from the new 541-metre tower are two memorial fountains built on the footprints of the decimated towers, a reminder of the more than 2,700 people who died.

Condé Nast, publisher of Vogue, The New Yorker and Vanity Fair, is expected to move in about 3,000 more employees by early next year, eventually occupying 25 floors of the $3.9 billion US, 104-storey tower.

Privately, some Condé Nast employees acknowledged that they were nervous about working in a skyscraper that could again be a terrorist target.

Foye countered that it's "the most secure office building in America." And its chief architect, T.J. Gottesdiener, said the high-rise was built with steel-reinforced concrete that makes it as terror attack-proof as possible — much stronger than the original towers that collapsed when the hijacked planes hit.

The stairwells are built with a hardened concrete core, and wider to allow firefighters to move while people exit. The building's mechanical systems are also encased in hardened concrete.

"If my son told me he had a job in the trade centre Tower 1, I would have no qualms about him being there," Gottesdiener said. THE ASSOCIATED PRESS

Iconic skyline

"The New York City skyline is whole again, as 1 World Trade Center takes its place in Lower Manhattan."

Patrick Foye, executive director of the Port Authority of New York and New Jersey, which owns both the building and the World Trade Center site

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DON'T BE MIFFED THAT I BROUGHT A GIFT

SHE SAYS

Jessica Napier
metronews.ca

I hate to brag, but I think I've mastered the art of attending other people's weddings.

I arrive on time to bridal showers and make small talk with great aunts. I know to buy the expensive cards with 3D paper designs (none of that dollar-store crap). I post an appropriate amount of Instagram snapshots and always remember to include the official wedding hashtag.

Yes, I'm kind of a pro when it comes to watching couples tie the knot. But there are three little words that still throw me off no matter how many nuptials I attend: "monetary gifts appreciated."

As the 2014 wedding season draws to a close, I've noticed that these cash requests are becoming an increasingly popular trend for modern brides and grooms.

And it makes sense, of course. With so many couples marrying later on in life and living together before they walk down the aisle, traditional household items are usually already taken care of, which makes cold hard cash the more practical and desirable gift.

And yet there's just something about giving cash at a wedding that makes me uncomfortable. It's like saying: "Congratulations, you guys. I love you this exact dollar amount and not a penny more."

Couples often choose to dress up their money grab as a collection fund for a meaningful goal, such as a honeymoon or a down payment.

Some even send out an "ask for cash" poem along with their invites. The cutesy verses are designed to nudge guests into pulling out their cheque books rather than buying a toaster oven: "Thanks for coming to our bash; instead of gifts, please bring us cash!"

But even if you make it rhyme; cash demands seem out of line. A big fat cheque might make you happy; I just think it's awfully tacky. And if I decide to bring a gift, it really shouldn't make you miffed.

I get it. Weddings aren't cheap, and financially savvy couples are smart to try and get a return on investment from their friends and family.

However, there's something a bit crass about slapping "no boxed gifts" and other not-so-subtle suggestions on your wedding invite.

Perhaps I'm in the minority here. Writing a cheque is certainly easier and less time-consuming than spending the afternoon at Pottery Barn combing through a gift registry.

But I just hate feeling like I'm paying an admission price to watch a couple say, "I do."

I'm happy to cough up hundreds of dollars in wedding-related costs for close friends and family.

But when I do, I want to buy something meaningful to commemorate the couple's special milestone. I don't want to stuff a wad of bills into an envelope to help them pay off the DJ at the end of the night.

The donkey barber

Mohamed Mustafa, right, clips the mane of a donkey as his father, Mahmoud, left, holds an ear at their makeshift barbershop in Cairo, Egypt. Mahmoud is one of Cairo's donkey barbers, a unique trade in the region, an expert in trimming and styling horses, camels, mules, sheep, goats, dogs and donkeys.
MAYA ALLERUZZO/THE ASSOCIATED PRESS

Bringing beauty to beasts of burden

In the shadow of Cairo's medieval aqueduct, Mohamed Mustafa teaches his five-year-old son the family's trade, one shear at a time.

Mohamed is one of Cairo's donkey barbers, an expert in trimming and styling horses, camels, mules, sheep, goats, dogs and donkeys. He is a third-generation qassasseen, the Egyptian Arabic term for animal barber, and his grandfather worked in Cairo's Abdeen Palace.

Mohamed's father, Mahmoud, taught him the trade and now, near Old Cairo along the road following the aqueduct, he teaches the craft to his son Mustafa.

It is a profession often looked down upon in Egyptian society, as he works with the beasts of burden that still roam modern Cairo's streets, pulling carts filled with vegetables or loads of trash from neighbourhoods.

But workers rely on the animals and take pride in them, getting them haircuts or having their fur shaved with designs or their initials ahead of major holidays.

THE ASSOCIATED PRESS

Dangerous work

Mohamed traces to a scar across his right jaw with a finger missing its first joint.

- "One horse bit my finger off, another horse hit me here," Mohamed says, pointing to a scar on his jaw.

MetroTube

Taking the Internet by storm

ANDREW FIFIELD
andrew.fifield@metronews.ca

There's a lot to be said for natural talent, and this kid has got it. Asked to guest-host the Halloween night weather forecast on WGN Chicago's Friday Forecasters segment, your boy here showed up dressed like Lionel Messi and ready for prime time. (WGN News/YouTube)

SCREEN GRAB

Twitter

We asked readers to write a caption for this penguin robot photo:

THE ASSOCIATED PRESS

@VanstoneL: Okay, this new guy has wheels... but can he dance? #HappyFeet

@thejimpster: And whatever caption wins.. PLEASE get Morgan Freeman to read it. #MarchOfTheRobotPenguins

Check out the other answers @metropicks.

metro AR

SEE THE NEWS COME ALIVE

In this issue, you can find AR enhancements on page 21 in Sports.

To see these pages spring to life, download or update the Metro News app and follow these three easy steps:

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DVD review

A Most Wanted Man

Director. Anton Corbijn

Stars. Philip Seymour Hoffman

Philip Seymour Hoffman tragically died of a drug overdose in February, days after the premiere of Anton Corbijn's A Most Wanted Man, a spy thriller based on a John le Carré novel.

Hoffman leaves us with a quality film that showcases his tremendous depth and range as an actor. He's convincing in both voice and bearing as Günther Bachmann, chief of a German anti-terrorist squad in Hamburg, the port city where the Sept. 11 attacks were hatched. He's determined to prevent another such disaster.

More of an espionage procedural than standard-issue spy thriller, A Most Wanted Man doesn't always make the best use of its impressive cast including Robin Wright, Rachel McAdams and Willem Dafoe.

The One I love

Director. Charlie McDowell

Stars. Mark Duplass, Elisabeth Moss

You might imagine you're hearing The Twilight Zone theme throughout The One I Love, and there's no surprise when a reference is made to it.

Mark Duplass is Ethan, the dull husband of Sophie, played by Mad Men's Elisabeth Moss. The couple used to do wild things together, but time, and Ethan's cheating, has tamed their life and dimmed their passion. They're offered a chance to "reset the reset button" by their marriage counsellor (Ted Danson), who sends them to a private retreat that has done wonders for clients.

Director Charlie McDowell and screenwriter Justin Lader raise both smiles and pulses with their impressive feature debut. **PETER HOWELL**

New country artist nominee takes the road less travelled

Music. Dark horse singer-songwriter Brandy Clark finds her own path to CMAs

Singer Brandy Clark SHORE FIRE MEDIA

The year's most buzzed-about new country artist is one most country fans may never have heard on the radio.

Brandy Clark, an openly gay artist who sings, amongst other things, about pot-smoking housewives, had almost given up on becoming performer herself, despite writing hits for headliners like The Band Perry and Miranda Lambert. But her debut album, 12 Stories, which peaked at No. 23 on Billboard's Top Country chart, took her on a slow-burning path to this year's nomination for new artist of the year at the Country Music Association Awards on Wednesday.

"I had been passed on a lot," said Clark, 37, during a recent interview at her management office on Music Row in Nashville. "I think it's because I didn't really fit what is a mainstream country artist. I was over 30 and over a size 2. I was kinda more your average woman than your average supermodel, which is why my music resonates, though."

To call her a dark horse in the awards show is somewhat of an understatement. She's the only female artist in the new artist category and her album didn't get one single on the country charts. While the rest of country music is awash in good-time party feelings, she's singing dark, edgy tales about infidelity, divorce, murderous lovers and painkiller addiction.

Quoted

"I didn't really fit what is a mainstream country artist ... which is why my music resonates though."

Brandy Clark

Clark also shares a songwriting nomination with Kacey Musgraves and producer/songwriter Shane McAnally for song of the year for Follow Your Arrow, a song that was censored during last year's television airing of the CMA Awards for a mention of "roll up a joint."

"Like I said early on to my manager, my music is Showtime and HBO," Clark said. "And I'm going to always keep it Showtime and HBO."

But she's also got a lot going in her favour. 12 Stories, which came out in 2013 on the independent label Slate Creek Records, was named one of the year's best albums by several national music critics and Warner Bros. plans to re-release it. Her most vocal supporters are heavy hitters like Musgraves and Eric Church, for whom she's currently opening on tour.

"I think with or without a nomination, what Brandy does is so strong on its own that it can't help but reach people," Musgraves said in an email interview. "It's just too good. But it makes me really happy to see people like her getting the recognition and nominations that are so wildly deserved for our genre."

And while Clark is not the first gay artist to be nominated — most notably singer Chely Wright had multiple CMA nominations before coming out in 2010 — Clark said if people want to believe she's breaking down boundaries in country music, she's glad to take on that role.

"I feel so fortunate to be in a time where I am embraced completely as who I am and I don't have to hide who I am in any way," Clark said. "I hope that we've broken some boundaries and things are changing. I feel very included in the country music community." **THE ASSOCIATED PRESS**

Streaming. Taylor Swift breaks up with Spotify

Like most days as of late, today is an important one if you're a Taylor Swift fan. First, the singer not only announced all the dates of her North American tour, but also that the opening act will be singer-songwriter Vance Joy. But she also unexpectedly pulled all her music off of Spotify, the popular music-streaming service.

When Swift released 1989 last week, Spotify users could stream the album without buying it. Not anymore. And Spotify is not happy about it. The company released the following statement about the breakup:

"We love Taylor Swift and

Taylor Swift GETTY IMAGES FILE

our more than 40 million users love her even more ... We hope she'll change her mind and join us in building a new music economy that works for everyone. We believe fans should be able to listen to music wherever and whenever they want, and that artists have an absolute right to be paid for their work and protected from piracy. That's why we pay nearly 70 per cent of our revenue back to the music community.

PS — Taylor ... there's more than 40 million of us who want you to stay, stay, stay. It's a love story, baby, just say, Yes." Spotify is also attempting to woo her back with specially curated playlists. But surely Swift gets it. This isn't her first breakup.

EMILY LAURENCE/ METRO IN NEW YORK CITY

Taylor Swift's Canadian dates

Taylor Swift is coming to Canada, but not until 2015.

- **July 6:** Ottawa at Canadian Tire Centre.
  July 7: Montreal at Bell Centre.
  Aug. 1: Vancouver at B.C. Place Stadium.
  Aug. 4-5: Edmonton at Rexall Place.
  Oct. 2-3: Toronto at Rogers Centre.
- **Opening acts:** Shawn Mendes and Vance Joy.

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

Selena Gomez ALL PHOTOS GETTY IMAGES

Orlando, Selena and Justin: Who's dating who again?

It's been a bit since Selena Gomez's well-intentioned friends have expressed their concern about her attachment to on-again, off-again boyfriend Justin Bieber, so let's refill that tank, alright?

Gomez is supposedly dating noted Bieber sparring partner Orlando Bloom now, but her friends are worried her heart isn't really in it.

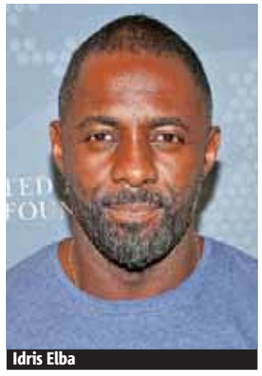
"She is absolutely not into Orlando, because she is still obsessed with Justin and always will be," a source tells Radar Online. "Everyone is really sick of hearing the same old story. Nothing changes with them. She gets back with him, he lies, he gets caught, she gets upset and then tries to make him jealous. She needs to just let go." Or maybe these friends need to take their own advice.

Surprise! Thor co-stars are in Avengers sequel after all

Avengers: Age of Ultron is apparently going to be an all-hands-on-deck kind of affair. Idris Elba let slip in a recent interview that he and Thor co-star Tom Hiddleston had filmed a scene for the superhero sequel with Chris Hemsworth.

"I'm in Avengers," Elba tells the Telegraph. "And I'm doing a scene with Chris Hemsworth and Tom Hiddleston and they're like, (whispers) 'Aren't you (meant to be DJing) in Ibiza?'"

It sounds like it's just a cameo, which makes sense and wouldn't necessarily mean Hiddleston was lying when he told me a year ago that Loki wasn't going to be in the Avengers sequel, which didn't even have an official title at that point anyway. "It was expected, to be honest, that Joss (Whedon) told me he wasn't going to put me in it," Hiddleston said at the time. So then I'd imagine hearing the opposite came as something of a surprise.



Idris Elba

The Word

Heigl goes from rude to reasonable

NED EHRBAR
Metro in Hollywood

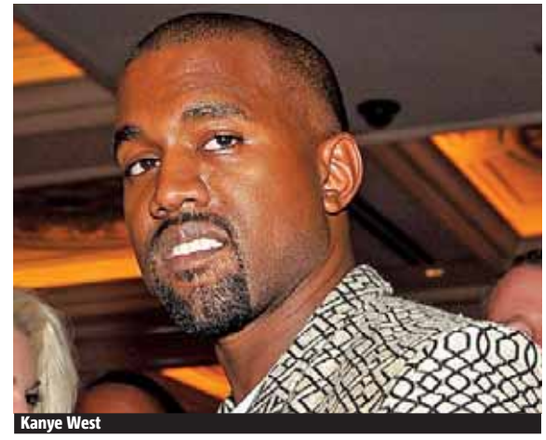
Katherine Heigl has a new TV series debuting in a couple of weeks, which means she's doing lots of publicity — which in turn means she has to deal with a lot of media and fan inquiries about her "difficult" reputation. Like in a recent Facebook Q&A session when a fan asked Heigl about "rumors that you're very rude."

Boy, this should be good. "Yeah I've heard those too," Heigl responded. "Honestly, I don't think I am. Nothing makes me more uncomfortable than confrontation or hurting someone's feelings, and I would never, ever actively do so on purpose.

"Of course, just like any human being, I've made mistakes and unwittingly or carelessly spoken or acted, but I always try to make any wrong right.

"That doesn't mean I won't stand up for myself by drawing boundaries and asking to be treated kindly and respectfully, but I don't do that with any rude or unkind intentions, just with the same strength and honesty I think every one of us is entitled to."

Dang it, if she's going to keep being so reasonable, this isn't going to be any fun. Now what do I do? Mock her for ending a sentence with a preposition? Sheesh.



Kanye West

Guess which hip-hop star thinks he's the Lord Grantham of L.A.?

Kanye West wants to name his new, $20-million US Los Angeles home after the fictional home on Downton Abbey. Because of course he does. West, a noted master of subtlety and understatement, "wants the home to resemble Downton in its grandeur and regalness, and there will be a sign naming it Highclere Castle," a source tells the Sun. "Kanye loves calling (wife Kim Kardashian) 'lady.' He basically thinks he's an even cooler version of Lord Grantham."

It could be worse, I suppose. Just imagine if he'd been watching a lot of He-Man instead and wanted to call it Castle Grayskull.

How to get uninvited from a Hollywood baby shower

Social media can be a tricky thing when it comes to pregnancy. The last thing you want is a friend beating you to the punch in letting the world know, but that may be what happened to Jessica Biel.

Weeks of speculation that she and Justin Timberlake are expecting were seemingly confirmed when Biel's pal, InStyle editor-in-chief Ariel Foxman, posted an Instagram photo of her and Biel together with the caption, "Congrats @jessicabiel on your impending motherhood. Looking forward to the red carpet maternity style pix to come."

Jessica Biel

The post was soon removed, but not before a lot of people noticed. Looks like someone's been disinvited to the baby shower.

Twitter

@ElizabethHurley
Early evening in Mumbai and the view across Marine Drive is as magical as ever.

@pattonoswalt
CBS passed on my "weightlifter & herbal laxative CEO team up to fight crime" pitch. DM me if you wanna read the pilot for "Pump & Dump."

@KellyOsbourne
#ThatAkwardMoment When you're watching TV with your dad & a sexy erectile dysfunction commercial comes on! #Silence

ALL PHOTOS CONTRIBUTED

Is the secret behind a super body a surgeon's scalpel?

Cosmetic procedures. There has been an increase in the number of men going under the knife for chiselled abs or perfect pecs

EVA KIS
Metro in New York City

Between the uber-sculpted uniform of today's Batman to the bona fide god Thor having his own franchise, pressure is ramping up on Hollywood's leading men to look capable of the feats their characters perform.

But while action stars talk up their gruelling training and special diets, there may well be another kind of body-shaping professional whose work will go unacknowledged, says Dr. Brent Moelleken.

The Beverly Hills plastic surgeon took part in Superhero Bodies, a new documentary by RealSelf, the online community for elective surgery, about how the demands of modern superhero roles are pushing actors to their physical limits — and the effect that's having on American men.

The number of cosmetic procedures being performed on men has risen 273 per cent in the last 16 years, according the American Association of Aesthetic Plastic Surgery, with liposuction and ab-sculpting being the most common in 2013.

"The trend toward being ultra-fit is more so there than ever," he says.

"It used to be a man could get by with a pot belly and graying sideburns and look distinguished. But now that's not enough — in order to make it in Hollywood, you have to be cut. That really mirrors what's going on in society."

We asked Moelleken about where reality ends and fantasy begins.

How real is what's on-screen?
Celebrities are a fantasy. And the fantasy is not just one individual; it's a company. These celebrities are companies, they have a whole entourage around them that depend on maintaining that image. Celebrities generally won't admit to anything, and I think it is to continue this mystique of what it is to be a celebrity.

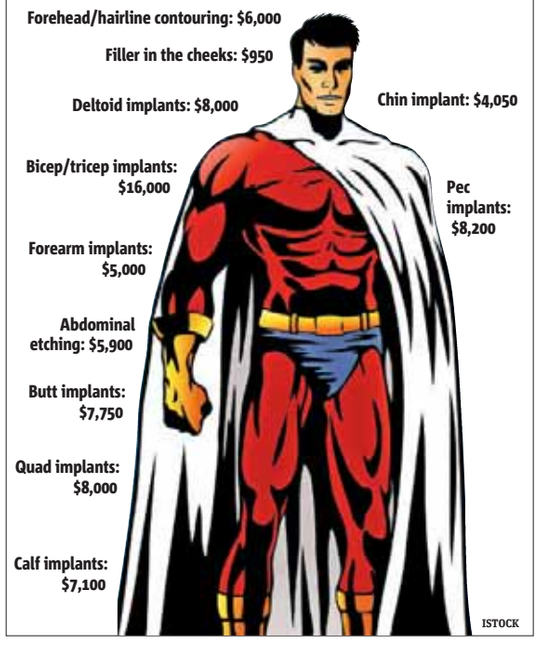
When does plastic surgery come into the picture?
As people enter their 30s and definitely their 40s, and with 100 per cent certainty.

In their 50s, people have to get work done to continue to look youthful and vibrant and natural. It's inevitable ...

To be in that A level, the superhero level, you really need to be on your best game. But once people hit 35, your best game may not be enough — and that's where plastic surgery comes in.

Super costs

According to an estimate from RealSelf, the online community for cosmetic surgery, the average man would need 11 procedures adding up to $76,950 US to get the modern superhero look, from the strong chin to bulging quads.



ISTOCK

You have to be realistic in your expectations, right?
Sometimes people come in with that preconception, but then you talk to them and you tell them, 'Gosh, no, that's really not how it works.'

We can improve on what you have, but we can't make you into Hugh Jackman if you're not already close to Hugh Jackman to begin with.

For some stars, can steroids and human growth hormone also enter the picture?
They're willing to do anything to succeed, and that's an important lesson for people who are aspiring to have bodies like the superheroes.

There may be a price to pay for that, in degeneration of your health, kidney problems, hip problems. Long-term steroid use is very hard on you.

While the men seeking plastic surgery in your office tend to be the older partner in a relationship and want to look the right age, what else is driving ordinary men to get plastic surgery?
Almost every job has a sales component to it. You have to sell something: You sell yourself if you're a politician or a company president, if you're an idea man or a film producer.

You walk into a room and people are assessing you — and usually the people at the table assessing you are in their 30s now. They're the ones who have worked as interns, worked their way up and now suddenly they're in positions of leadership. And if you walk into the room looking old and irrelevant, you're not gonna get that job.

Stop Googling yourself sick

Self-diagnosis. There are dangers to looking up symptoms online

LINDA CLARKE
Metro in New York City

At some point, maybe we all suffer a little bit of what's been dubbed "cyberchondria." After all, who hasn't looked up a pain, rash or other symptom on the Internet to self-diagnose?

In fact, according to the Public Health Agency of Canada, a large number of Canadians (more than 15 million in 2009) actively search the Internet for health-related information.

In the U.S., meanwhile, a recent study estimated that the average American adult spends an astounding 52 hours a year looking up medical issues.

According to Dr. Sam Altstein, medical director of Beth Israel Medical Group, that statistic isn't surprising.

"I see a lot of folks who've been looking up symptoms on the Internet. At least once a day, someone comes in and has Googled a symptom and in seconds they're told they have HIV or cancer or are about to die. It's mostly very, very wrong."

This type of self-misdiagnosis isn't exactly new. Cyberchondria is the millennial offspring of old-fashioned newspaper health articles and advice columns.

"Patients would bring in articles from the newspaper or a magazine — some still do," says Altstein. "But that was more of a background hum. Now with the Internet, it's more of a roar."

When does it become a problem?

Someone who is spending an inordinate amount of time looking up symptoms on the Internet should see a doctor. He or she might have hypochondriasis, also known as hypochondria — excessive worrying about illness, which in itself is a sickness.

"That's a very real condition, and the Internet feeds on that," says Altstein. "We have to hear these patients out and guide them, but it's hard to combat phobias. (To them), an anecdote is more powerful than a study with real evidence, or even a real diagnosis."

Stressing the person and the system

Hypochondriac or not, anxiety caused by worrying about possible illness adds stress to both the individual and the health-care system.

"It impacts the patient's life if they're taking time off work and spending time on the Internet doing this. It adds unnecessary stress to their lives," says Altstein.

"We can't blow off someone who comes in with a health concern. We need to at least do a physical exam or blood tests. They might get X-rays, which give unnecessary radiation."

Researching symptoms or illnesses on the Internet can sometimes help, however — especially for minor issues that can be treated easily at home, but only if the information is reliable.

"You have to look carefully at who's writing the advice," Altstein says.

"If you just put a symptom into a search engine, then all sorts of non-medical sites or blogs come up. These probably won't have any research behind them. Choose medical sites like the Mayo Clinic's and Web M.D., which have a better perspective."

Getting help

If you think you have an unreasonable fixation with self-diagnosis via the Web, Altstein advises seeking help.

"If a patient comes to me and is clicking endlessly on the Internet looking at illnesses, then this is a new anxiety disorder, probably affecting a person functioning normally.

"We have to manage it and address concerns. I advise a combination of SSRI (anti-anxiety) meds to manage the condition in conjunction with psychotherapy to find the underlying reason why they are so afraid of illness or obsessed with being sick."

Googling symptoms can lead to misdiagnosis. ISTOCK

Fist bump your way through the flu season

With the arrival of flu season, preventing the spread of germs is essential. Enter fist bumps.

The familiar knocking of knuckles spreads only one-twentieth the amount of bacteria that a handshake does, researchers report. That's better than a high-five, which still passes along less than half the amount as a handshake.

So fist bumps seem to be the wisest greeting, especially during flu season, said researcher David Whitworth of Aberystwyth University in Wales.

The importance of hand hygiene is nothing new in medicine. But the researchers realized that while a lot of research focused on hands getting germy from touching doorknobs and other surfaces, only a few studies had looked at handshakes.

"And there are alternatives to handshakes. You see them on telly all the time — the fist bump and high-five and all that," Whitworth said.

He and a student Sara Mela shook hands, fist-bumped and high-fived each other dozens of times for the research. One wore a glove covered in bacteria, while the other had a clean sterilized glove. After each greeting, they measured how much bacteria had been transferred.

Their results were recently published in the American Journal of Infection Control.

What makes the fist bump more sanitary? Mostly, it's the smaller amount of surface area in contact between the two hands, an analysis suggests. The researchers did practice runs with paint to measure how much surface area each form of greeting involved.

"It's a novel study," though the results are not surprising, said Mary Lou Manning, president-elect of the Association for Professionals in Infection Control and Epidemiology. Her organization publishes the journal. THE ASSOCIATED PRESS

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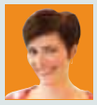
Health Solutions

Master a nourishing meal with these tips



NUTRI-BITES
Theresa Albert
DHN, RNCP
myfriendinfood.com

The French dish called bouillabaisse serves up a brothy stew chock full of fish.

I had the distinct pleasure of enjoying the Italian-American version called Cioppino at Geraldine Bistro in Toronto. This version, set in a tomato-white wine broth was topped with a homemade mayo that rounded out the flavours.

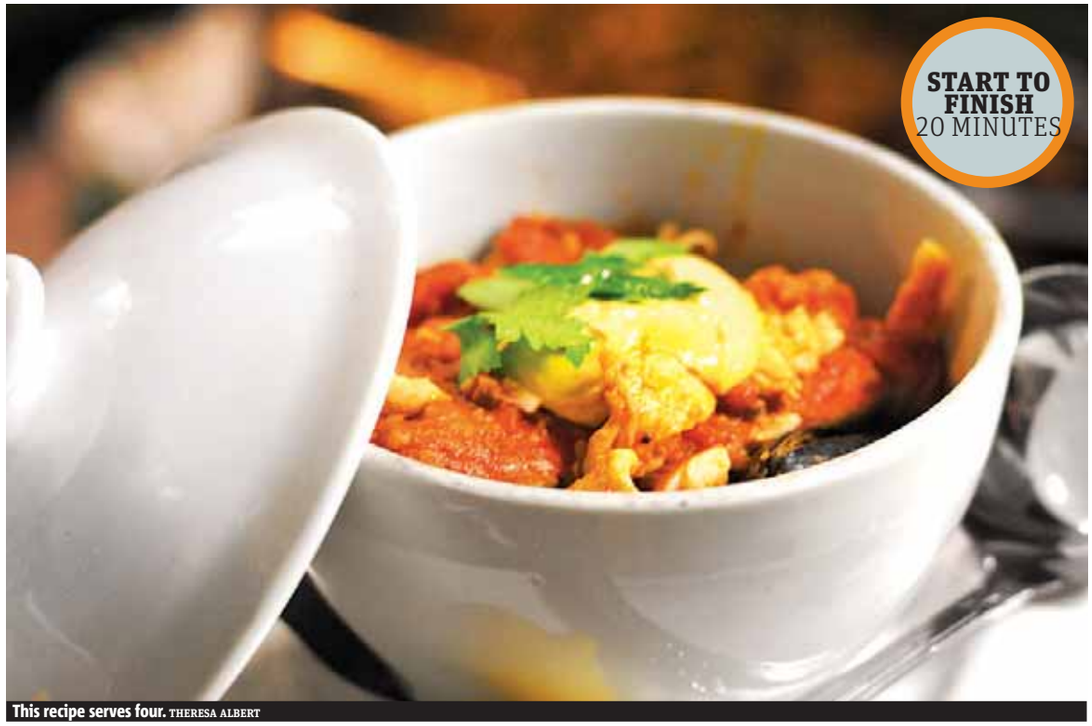
Eaten with a spoon so that each piece of soft, tender fish can be slurped and each mussel enjoyed, the remaining broth is meant to be dipped into using hearty, chewy bread.

Can you think of any more nourishing, comforting fall meal? Me neither.

Here are some tips for making your own at home.

• Start with a hearty jarred tomato sauce. It will create the foundation.
• Cook onions in a hot skillet and deglaze the pan with a good, sweet-ish white wine and reduce by boiling to reduce and concentrate the flavours and eliminate the alcohol.
• In the absence of fish stock, use clam juice, but be careful not to simmer to reduce any further. It can be quite salty.
• Cook any shellfish in broth, covered first and then top with fish. Cover to semi-simmer, semi-steam.
• Choose at least three different kinds of fish and feel free to ask for any trims and end cuts to economize. You don't need large pieces, — just mouthfuls.
• A homemade mayo is simple, but choose the best jarred version you can find, containing real ingredients, and stir in fresh minced garlic to fake it.

THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND PRIVATE NUTRITIONIST IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM



This recipe serves four. THERESA ALBERT

Cioppino. This fishy stew boasts delicacies such as salmon, cod, shrimp, mussels and a mayo-based topping

THERESA ALBERT
myfriendinfood.com

This dish comes together in about 20 minutes and is a great way to get a bowlful of brain boosting omega-3s and essential lycopene from tomatoes.

1. Sauté onions and garlic in olive oil for 5 minutes. Add white wine and boil for 5 minutes uncovered. Add tomato sauce, basil and clam broth. Cover tightly, bring to a boil.

2. Add mussels and simmer covered for 5 minutes. Add remaining fish, cover and cook for 5-8 more minutes. Meanwhile, mix topping ingredients.

Ingredients

- 1 medium onion, chopped
- 1 garlic clove, minced
- 1 tbsp extra virgin olive oil
- 1/2 cup white wine
- 2 cups tomato sauce
- 1/4 tsp dried basil
- 2 cups clam broth
- 8 mussels, shelled
- 8 raw shrimp
- 1/2 lb cod fillet (or other firm white fish)
- 4 oz salmon fillet

Topping

- 1/4 cup mayonnaise
- 2 tbsp plain Greek yogurt
- 1 clove fresh garlic, minced
- 1 tbsp fresh lemon juice
- Pinch cayenne pepper

3. Divide into large bowls and top with topping. THERESA ALBERT (@THERESAALBERT ON TWITTER AND FOUND AT MYFRIENDINFOOD.COM)

Crostini with meaty textures

Looking for a great appetizer? How about classic crostini?

This recipe calls for salting and draining eggplants and tomatoes, an essential step to remove excess water and produce not only a meatier texture, but also concentrated flavour. Roasting vegetables caramelizes their natural sugars, further deepening the flavours. The result is rich.

The naturally sweet Eggplant-Tomato Crostini gets tied together with balsamic glaze and Parmesan.

1. Heat the oven to 450 F. Line a rimmed baking sheet with foil and coat with cooking spray.

2. In skillet over medium heat, cook onions with drizzle of oil and a pinch of salt, stirring regularly until caramelized, 20 minutes. If onions begin to stick, add a teaspoon of water.

3. Meanwhile, in a mesh strainer over the sink or a bowl, combine the eggplants and tomatoes. Sprinkle in several hefty pinches of salt, then toss lightly. Allow to sit for 15 minutes to drain excess liquid. Spread the mixture on the prepared baking sheet and drizzle with olive oil. Roast for 15 to 18 minutes, or until tender and browned.

4. In bowl, combine eggplant, tomatoes and caramelized onions. Spoon mix onto slices of toasted French bread, then drizzle with balsamic glaze and sprinkle with black pepper. Top with some of Parmesan cheese and watercress. Serve immediately. THE ASSOCIATED PRESS

Ingredients

- 2 large yellow onions, quartered and sliced
- Extra-virgin olive oil
- Kosher salt
- 2 small eggplants, diced
- 1 pint cherry tomatoes, halved
- Toasted, sliced French bread
- Balsamic glaze, to serve
- Ground black pepper
- Parmesan cheese, to serve
- Watercress, to serve

This recipe serves six. MATTHEW MEAD/THE ASSOCIATED PRESS

CFL

Bighill undergoes surgery on his broken hand

Another day, another injury for the B.C. Lions. This time, it's Adam Bighill who has entered the growing MASH unit.

The club announced Monday that two-time West Division and CFL all-star linebacker Adam Bighill underwent successful surgery on a fracture in his left hand — an injury apparently suffered in Saturday's embarrassing loss to the Edmonton Eskimos.

Bighill will miss Friday's regular-season finale against the Calgary Stampeders at BC Place Stadium but is expected to be available for playoffs, according to the Lions.

Bighill has recorded 77 tackles and six sacks, to go along with one interception and one fumble recovery for the Lions this season. CAM TUCKER/METRO

Rugby

Locals invited to play for Barbarians

Canadian rugby internationals Jason Marshall and Sean Duke have been selected to play for the prestigious Barbarians against the Leicester Tigers on Tuesday.

The Barbarians are an invitational side that dates back to 1890, featuring players from across the globe. Former Canadian captains Al Charron and Gareth Rees have both played for the Barbarians.

Duke is a 26-year-old winger from Vancouver. Marshall is a 29-year-old prop from North Vancouver. THE CANADIAN PRESS

Canucks set to face California powers

NHL. Upcoming four-game road trip features stops in San Jose, L.A. and Anaheim

CAM TUCKER
cam.tucker@metronews.ca

The Ducks' Andrew Cogliano checks the Canucks' Chris Tanev into the boards during a game last season in Anaheim. The Canucks went 2-9-3 against the Ducks, Kings and Sharks in 2013-14. JEFF GROSS/GETTY IMAGES

The time is almost here.

October came and went for the Vancouver Canucks, without a visit or meeting with a California-based NHL team.

That changes this week. The trip starts Tuesday, as the Canucks play the Colorado Avalanche.

The Canucks are on the road for their next four games, which also stops in San Jose, L.A. and Anaheim. The Sharks, Kings and Ducks remain in a heated battle for top of the class in the Pacific Division. They're big teams. They're mean and physical and fast and skilled.

The Ducks are atop the Western Conference and the Sharks only four points back.

The Kings are seventh, but they're the defending Stanley Cup champs. They simply find a different level come playoff time.

We're about to find out more about what the Canucks are, or aren't.

The second game in back-to-back situations is an early concern, with the Canucks going 0-3 in those since the start of October.

They do have one of those on the trip — Saturday, they visit the Kings and then Sunday, the Ducks.

Their struggles against California teams last season were well documented. They finished with a 2-9-3 record combined against the Sharks, Kings and Ducks.

It was a futile enterprise with a moral victory in there for showing plenty of brawn against the big, bad Kings. Moral victories? The Canucks were pulverized the following night against Anaheim.

Yes, it's a different team compared to last season.

The Canucks now are off to a decent enough start, an 8-4 record following Sunday's loss to Nashville.

Goalie Ryan Miller, a free agent signing this summer, has been spectacular; Radim Vrbata, another free agent signing, has looked like a natural fit as the right-winger on the top line with Daniel and Henrik Sedin; Nick Bonino currently has more points than Ryan Kesler, who wanted out of Vancouver and was dealt to Anaheim in the blockbuster trade of the June draft.

Now we get to see, for the first time this season, what they're capable of against the big boys in the division.

Roster notes

Kevin Bieksa, who left Sunday's game after taking a puck to the face in the first period, is on the trip but is listed as day-to-day, according to the Canucks.

- Tom Sestito is out indefinitely with a lower-body injury, which could mean Bo Horvat, recently recalled from his conditioning stint in Utica, makes his NHL and Canucks debut Tuesday.

Whitecaps vet O'Brien feels he can still play

Whitecaps defender Andy O'Brien
CAM TUCKER/METRO

Andy O'Brien was once at a point in his soccer career where he was thinking of, as he says, "packing it in."

He was still with Leeds United in the English League Championship at the time. Then he made the trip to Vancouver after signing with the Whitecaps of Major League Soccer in August of 2012.

Now, at the age of 35, he feels he could indeed play another season.

With the Whitecaps having been eliminated from the MLS Cup playoffs last Wednesday against FC Dallas, the veteran centre back will sit down with manager Carl Robinson in the coming days to discuss the season that was and any prospects of a contract extension.

O'Brien's current deal expires at the end of the 2014 season.

"I'd like to try and keep Andy in some capacity at the club, if I can, because I think he's a very good leader," said Robinson.

O'Brien missed seven straight games, from the end of June to the end of July. He still appeared in 26 MLS games.

He's also quite popular with his teammates and his enjoyment with this group was evident.

"The atmosphere is great in terms of wanting to come into work. Physically, I feel great. Mentally I feel great," said O'Brien.

O'Brien made $280,000 in guaranteed compensation for this season.

The salary budget for 2014 sat at $3.1 million.

It seems O'Brien wouldn't be against a small pay cut.

"It's not all about money. I think it's about being wanted," he said. CAM TUCKER/METRO

Quoted

"It's not all about money. I think it's about being wanted." Whitecaps defender Andy O'Brien whose contract is set to expire

4 SPORTS

Seahawks running back Marshawn Lynch runs after avoiding a tackle on Sunday in Seattle. Lynch was the highlight in a game where Seattle had to make do with alternative replacements. ELAINE THOMPSON/THE ASSOCIATED PRESS

Makeshift subs do the trick for Seahawks

Winging it. Injuries put Seattle in a tight spot Sunday but team still pulls off a win

Patrick Lewis never started a game at centre.

Garry Gilliam never took a snap at any level of football as a guard.

DeShawn Shead was a converted cornerback and was in on every defensive play for the Seattle Seahawks at strong safety.

Injuries left the Seahawks depleted and scrambling to try to fill spots during Sunday's 30-24 win over the Oakland Raiders. There were makeshift roles being created to make up for the starters that were relegated to the role of spectators.

But here's the upshot for Pete Carroll: The Seahawks (5-3) withstood the absences and came away with a needed victory. And there is optimism that those injured starters will be back on the field sooner than later.

"Under the circumstances of this game, where so many guys played that hadn't played before, I take even more out of it because of that," Carroll said on Monday.

"The kind of effort we need to be a good football team was there and that's a good sign for us and a couple of weeks in a row of feeling that."

Lewis, Gilliam and Shead were just three of the backups being thrust into key roles against the Raiders. Alvin Bailey was a late replacement at left tackle after Russell Okung suffered a calf strain last week.

Shead got his chance only because Kam Chancellor's backup Jeron Johnson was out with a concussion. Undrafted rookie Brock Coyle started at middle linebacker with K.J. Wright moving back to weakside linebacker due to an injury suffered by Malcolm Smith.

Not everything was clean, as to be expected. Shead was in for all 60 defensive plays, but missed some tackles and got fooled in coverage. The offensive line shuffling was extremely challenging in protecting Russell Wilson even before left guard James Carpenter went down with a sprained ankle.

THE ASSOCIATED PRESS

Credit where it's due

"Right across the board with all of those guys, everybody that stepped up did a nice job."

Head coach Pete Carroll

On the mend

Four back to face Giants

The Seahawks held on with their odd subs and it appears they're about to get healthy.

Carroll expects at least four to six players back for Sunday's game against the New York Giants, as long as they make it through the week.

Centre Max Unger (foot) was the closest to playing this past week. Unger dressed for the win against Oakland, but was going to be used only in an emergency situation. Chancellor (groin) and Okung (calf) both suffered muscle strains in practice last week. Carroll said both players feel they're ready to go.

Johnson (concussion) and defensive tackle Jordan Hill (ankle) are likely to be cleared and cornerback Jeremy Lane should be activated off short-term injured reserve after being out since the season opener with a groin injury. Lane could move back into a starting role as Seattle's nickel cornerback, despite how well Marcus Burley has played. THE ASSOCIATED PRESS

Colts make midgets of Giants on their own turf

The Indianapolis Colts weren't going to have a hangover from last week's defeat.

Andrew Luck wouldn't allow it.

Luck threw for four touchdowns and the Colts' defence kept Eli Manning and the New York Giants off balance Monday night in Indianapolis' 40-24 romp.

With his franchise-record seventh consecutive 300-yard game, Luck led the Colts (6-3) to a lopsided win one week after a 51-34 loss to Pittsburgh. Unlike the way Steelers quarterback Ben Roethlisberger toyed with their defence in that game, the Colts didn't let Manning get going in handing New York (3-5) its third straight defeat.

Andrew Luck GETTY IMAGES

Luck hit Coby Fleener for a 32-yard TD in the first half. He had scoring throws of 31 yards to T.Y. Hilton, 40 yards to Reggie Wayne and two yards to Dwayne Allen in the third quarter.

Adam Vinatieri added four field goals and is perfect on 20 tries this year.

It was the eighth time this season that Luck had thrown for more than 300 yards.

THE ASSOCIATED PRESS

CFL

Cornish, Price won't face Lions

Calgary Stampeders running back Jon Cornish and receiver Maurice Price will not play in Friday's regular-season finale against the B.C. Lions.

Cornish left Saturday's 18-13 loss to Winnipeg in the second quarter after bouncing his head off the McMahon Stadium turf. The CFL's leading rusher did not return to the game.

Price was tackled hard on the final play of the game.

THE CANADIAN PRESS

NBA. Grizzlies extend home winning streak to 16 by beating Pelicans

Marc Gasol scored 16 points, Zach Randolph had 15 and Tayshaun Prince added 14 as the Memphis Grizzlies extended their home-winning streak to a franchise-record 16 straight Monday night, with a 93-81 victory over the New Orleans Pelicans.

The Grizzlies, off to a franchise-best 4-0 start, got three double-doubles. Randolph had 11 rebounds to give him a double-double in each of the team's four games. Gasol (11 rebounds) and Tony Allen (12 points, 11 rebounds) also finished with double-doubles.

Tyreke Evans led the Pelicans (1-2) with 21 points. New Orleans shot only 34 per cent from the field.

The Grizzlies pulled away in the fourth quarter behind reserve Vince Carter and Prince. Carter's turnaround jumper gave the Grizzlies a 71-66 lead midway through the quarter. In the closing minute Allen's two free throws gave the Grizzlies their biggest lead at 93-79.

THE ASSOCIATED PRESS

Melky money: Cabrera is Jays' top off-season target

MLB. Left-fielder tops Toronto's list, but free agency cost for Dominican could prove too high for Toronto

metro AR Melky Cabrera's .808 on-base-plus-slugging percentage was 34th highest in the majors, making him one of the most desirable bats available in free agency. Scan the image with your Metro News app for a look at more of the top free agents available. GREG FIUME/GETTY IMAGES

Starting Tuesday, Melky Cabrera will begin to find out what he's really worth and the Toronto Blue Jays will have a better idea of whether they can hang on in the bidding for the free-agent outfielder's services.

Although MLB free agency technically opened at the conclusion of the World Series, negotiations with new teams only begin in earnest following a five-day "cooling-off period," during which time potential suitors can only discuss general interest without exchanging numbers.

So Tuesday could be a pivotal day in setting forth how the Jays' off-season shapes up.

General manager Alex Anthopoulos suggested over the weekend that he and Cabrera's agents were "far apart" and that it would likely take offers from other teams to bring them closer together. He reiterated those points Monday morning on Sportsnet radio.

"It may be one of those things where (Cabrera) needs to go out and see what the offers are to really find out what his worth is," Anthopoulos said. "No one knows what his true market value is because there really isn't anybody to compare him to."

Re-signing Cabrera is the Jays' top priority and is part of the reason they traded Adam Lind and his $7.5-million contract to the Milwaukee Brewers on Saturday. Cabrera has expressed a desire to return to Toronto — he fits well in the Jays' clubhouse and lineup — but the 30-year-old Dominican is not going to take a discount to stay. He may, however, give the Jays the opportunity to match an offer. TORSTAR NEWS SERVICE

Teasing 200 hits

.301

Before breaking his finger sliding into a base at the beginning of September, Melky Cabrera was on his way to becoming just the sixth Blue Jay ever to reach the 200-hit plateau. His .301 batting average was tops among Jays and 14th highest in the majors.

Blues hop Rangers in N.Y.C.

New York Rangers forward Martin St. Louis gets knocked to the ice by St. Louis Blues centre Jori Lehtera on Monday night at Madison Square Garden in Manhattan. The Rangers forward had a pair of goals, but the Blues escaped New York with a 4-3 shootout win.

BRUCE BENNETT/GETTY IMAGES

Hype is Real in Europe

Cristiano Ronaldo needs one goal to match the Champions League's all-time record when Real Madrid hosts Liverpool on Tuesday. Here's a look at some European storylines going into this week's action:

THE ASSOCIATED PRESS Photos by Getty Images

Ronaldo unbound

Ronaldo has scored in 12 straight appearances in all competitions for Real Madrid. His goal on Saturday, in a 4-0 rout at Granada, made him the first Madrid player to score in eight straight Spanish league games.

Liverpool was outclassed 3-0 in the first meeting and will face an even tougher task Tuesday, with Madrid playing its best football since the arrival of coach Carlo Ancelotti last season.

Real Madrid has outscored opponents 46-7 during an 11-game winning streak.

Suarez back at Ajax

Luis Suarez established his checkered reputation when playing for Ajax, scoring 81 goals from 2007-11 while also earning his first of three suspensions for biting.

Now Suarez returns to Amsterdam to face Ajax Wednesdsay with his new club Barcelona struggling.

"I'm grateful to be able to go back, (Ajax) is a team that gave me a lot and helped me grow," Suarez said after Barcelona was upset 1-0 at home by Celta Vigo on Saturday, its second straight loss.

Struggling City

While Chelsea and Arsenal could qualify with wins this week, it's set to go right down to the wire for Manchester City.

City's struggles in the Champions League continue as it has picked up just two points from three games, although Bayern Munich's dominance of Group E leaves the English champs with a chance of qualifying as runner-up.

A home victory over CSKA Moscow on Wednesday is imperative, though, if City is to overhaul Roma, which is two points ahead in second.

Bayern bulldozing

Complacency appears to be the biggest danger facing Bayern Munich.

The powerhouse appears to have the German domestic title sewn up after just 10 games, while the Champions League has seemed even easier so far, they beat Roma 7-1 in their last match and host the Italian side Wednesday.

"We have to keep trying to improve things and cannot let up," said Arjen Robben. "We're on the right path but we shouldn't think it all comes naturally."

MLB

Twins turn to Molitor to turn around fortunes

The Twins hired Paul Molitor as manager on Monday, giving the Hall of Fame infielder and Minnesota native a three-year contract with a team coming off four straight seasons of 92 or more losses.

THE ASSOCIATED PRESS

MLB

Manager Maddon takes reins at Wrigley Field

Joe Maddon was introduced Monday as the Chicago Cubs' fifth manager since the start of the 2010 season and given a $25-million, five-year contract.

Chicago's front office had planned to bring back Rick Renteria until Maddon opted out of his contract with the Rays last month. THE ASSOCIATED PRESS

Serie A

Klose's pair pushes Lazio past Cagliari

Miroslav Klose scored two goals a minute apart as Lazio beat visiting Cagliari 4-2 Monday to move into third place in Serie A.

It was the fifth win in six matches for the Roman club, which is level with Sampdoria three points behind city rival Roma and six points behind Italian leader Juventus. THE ASSOCIATED PRESS

Premier League

Crystal Palace falls to Sunderland

Steven Fletcher scored twice as Sunderland beat Crystal Palace 3-1 Monday to climb out of the Premier League relegation zone.

Fletcher put the visitors ahead with a perfectly placed header in the 31st minute and then finished off the win in injury time by lifting the ball inside the far post with the outside of his left boot.

THE ASSOCIATED PRESS

BREAKFAST FORECAST

Warm with a 100% chance of crunchy.

Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Yesterday's Sudoku

3	5	4	1	6	9	8	7	2
8	7	1	2	5	3	9	4	6
9	2	6	8	7	4	3	1	5
2	8	3	5	9	1	4	6	7
1	4	9	6	8	7	5	2	3
5	6	7	4	3	2	1	9	8
4	1	8	7	2	5	6	3	9
6	3	2	9	1	8	7	5	4
7	9	5	3	4	6	2	8	1

Conceptis Sudoku By Dave Green

			1	6	9			
	7			5			4	
9		6				3		5
2								7
1	4						2	3
5								8
4		8				6		9
	3			1			5	
			3	4	6			

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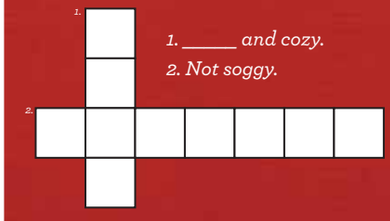
BONUS CROSSWORD



1. _____ and cozy.
2. Not soggy.

Horoscopes by Sally Brompton

♈ Aries
March 21 - April 20
Don't take anything for granted over the next few days. The approaching full moon means that someone you are involved with business-wise may well be saying one thing while doing another.

♉ Taurus
April 21 - May 21
A touch of realism is needed today, both on a creative level and in affairs of the heart. You don't want to be unkind, but you realize it is better to be blunt than misunderstood.

♊ Gemini
May 22 - June 21
There are two ways you can deal with a problem: the quick way that calms things down in the short-term but does not guarantee it won't return; or the long way that takes more effort but is more effective. You know which is best.

♋ Cancer
June 22 - July 23
A creative or romantic problem may seem to have no answer because you are looking at it from a negative angle. Raise your sights and it will quickly become apparent what needs to be done.

♌ Leo
July 24 - Aug. 23
You need to find a better balance between your home life and your work life. Loved ones will give you the support you need but only if you are prepared to find time in your busy schedule to ease their doubts and fears.

♍ Virgo
Aug. 24 - Sept. 23
A minor disagreement could escalate with alarming rapidity over the next 24 hours. The sad fact is some people are ridiculously touchy, so watch what you say and how you say it.

♎ Libra
Sept. 24 - Oct. 23
You may be in a position today to help a friend resolve a dispute of some kind but unless they directly ask you to get involved you are strongly advised to keep your distance.

♏ Scorpio
Oct. 24 - Nov. 22
The more someone tells you that your plans are not likely going to work out the more determined you will be to see them through to completion. You feel you have something to prove.

♐ Sagittarius
Nov. 23 - Dec. 21
Plans made over the weekend may have to be changed or abandoned as reality sets in. The simple fact is you do not have the time or the resources to do what you said you would do.

♑ Capricorn
Dec. 22 - Jan. 20
How hungry are you for success? If you are typical of your birth sign you are very hungry indeed and what you achieve between now and the end of the year will be little short of extraordinary.

♒ Aquarius
Jan. 21 - Feb. 19
Watch out you don't upset people whose support you are going to need. No matter what happens, at work or in your private life, keep a cool head and keep telling yourself it will all come good in the end. It always does.

♓ Pisces
Feb. 20 - March 20
It may seem as if some kind of barrier is too big for you to find a way around but don't give up. The approaching full moon will cause a number of things to come crashing down and maybe that barrier will be one of them.

The best of both bowls.

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AUGMENTED REALITY

Stuck on 12 Across? Scan this image with your Metro News app for today's crossword and Sudoku answers. It's OK. No one's watching.

metro AR

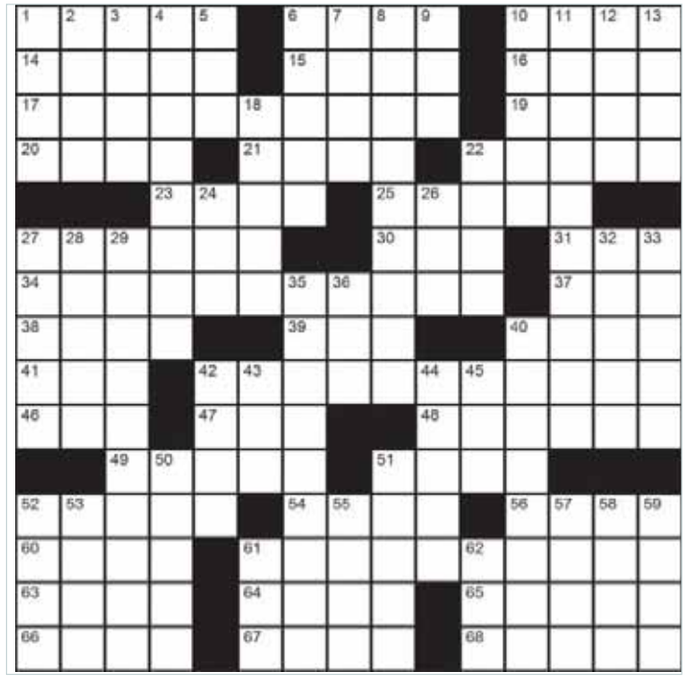
→ See the full instructions on Metro's Voices page.

Yesterday's Crossword

Online

See today's answers at metronews.ca/answers

Crossword: Canada Across and Down by Kelly Ann Buchanan



Across

1. Gettin' __ Wit It by Will Smith
6. Terpsichore, in ancient Greek mythology, for one
10. __ artist
14. Range
15. Caspian Sea country
16. Fashion magazine
17. Calgary neighbourhood
19. Gomer __ (Jim Nabors role)
20. Saturday Night Live alum Horatio
21. "I __ you so!"
22. Possessed, in ye olden days
23. Aahs' friends
25. Say "Cheese!"
27. Agnes Moorehead television role
30. Famous King, commonly
31. Healthy retreat
34. What Newfoundlands are according to the Canadian Kennel Club: 2 wds.
37. Mr. Aykroyd
38. Ancient Greece's love god
39. Own, to a Scot
40. Telecommunications speed unit
41. Knock
42. Cariboo Gold Rush town in BC founded in 1862, a National Historic Site of Canada
46. __ Na Na
47. Lummox
48. __ corpus
49. 1960s jacket style
51. __-O (Pudding alternative)
52. Prefix to 'dermabrasion' (Facial treatment)
54. _. __. (Line above the equator)
56. Notion
60. Horton Hears _ __! (2008)
61. Disbelief
63. Well
64. Actress Ms. Malone
65. Waltz, in Paris
66. About: 2 wds.
67. Scheme
68. Halifax-born actress Ms. Page

Down

1. Fighter's pokes
2. Opera singer Ms. Petina
3. __ and bear it
4. "I'm quaintly surprised!"
5. Charlottetown Airport code
6. Canadian tennis player Mr. Raonic
7. The __ Mountains (Range in Russia)
8. Architecture: Calgary's historic buildings material
9. Cease
10. Floral leaf
11. Horse from Scotland
12. "__ fair in love..."
13. __ the Parents (2000)
18. Mr. Hawke
22. Billboard chart-toppers
24. "..._ _ quit!"
26. Java holder
27. Pitchers
28. Music's Ms. Jones
29. Berth a boat: 2 wds.
32. 1963 Billboard chart-topper: Hey __
33. Mountains in South America
35. "__ and Oates" (Folk duo comedy, on MuchMusic)
36. Cartoonist Mr. Browne
40. The Quiet Crooks band from Toronto
42. Fashion style, __-chic
43. Swiss river, variantly
44. Scarlett's love
45. Ms. Bertinelli, to pals
50. Eat away
51. Kyoto locale
52. Wise Men
53. Victor's holler!: 2 wds.
55. Ms. Horne
57. __ pickles
58. Latin 'being'
59. Sermon word
61. Sex and the City star ...her monogram
62. 'Select' suffix

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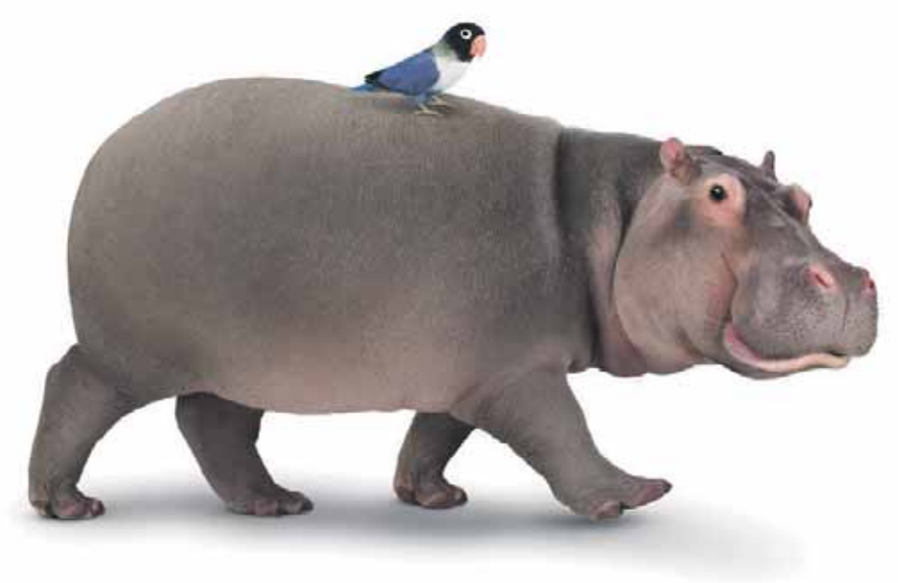

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4501 North Rd.

Coquitlam
Coquitlam Centre
Westwood Mall
1071 Austin Ave.

Delta
Scottsdale Centre
1517 56th St.
4841 Delta St.
4912 62nd St.

Langley
Willowbrook Mall
8700 200th St.
19638 Fraser Hwy.
20159 88th Ave.
20202 66th Ave.

Maple Ridge
Haney Place Mall
22661 Lougheed Hwy.

Mission
Mission Smartcentre
32670 Lougheed Hwy.

New Westminster
Royal City Centre

North Vancouver
Capilano Mall
Lynn Valley Centre
1295 Marine Dr.
1801 Lonsdale Ave.

Pitt Meadows
19800 Lougheed Hwy.

Port Coquitlam
2020 Oxford Connector

Richmond
Lansdowne Centre
Richmond Centre
11686 Steveston Hwy.

Surrey
Central City Shopping Centre
Cloverdale Crossing
Grandview Corners
Guildford Town Centre
Semiahmoo Shopping Centre
3189 King George Blvd.
7380 King George Blvd.
13734 104th Ave.

Vancouver
Oakridge Centre
Pacific Centre
220 East 1st Ave.
551 Robson St.
808 Davie St.
991 Denman St.
1095 West Pender St.
1143 Robson St.
1855 Burrard St.
2338 Cambie St.
2372 West 4th Ave.
2706 Granville St.
2748 Rupert St.
3121 West Broadway

West Vancouver
Park Royal South

*Offer available until December 31, 2014, to residential customers who have not subscribed to Optik TV or Internet in the past 90 days. Offer not available in all areas. Call now for eligibility. Offer includes Optik TV Essentials and Internet 25. Regular prices apply at the end of the promotional period. TELUS reserves the right to modify channel lineups and packaging, and regular pricing without notice. Cannot be combined with other offers. Offer not available with TELUS Internet 6. HDTV-input-equipped television required to watch HD. Minimum system requirements apply. Final eligibility for the services will be determined by a TELUS representative. †Offer available with a 3 year service agreement; current rental rates apply thereafter. A cancellation fee applies to the early termination of a service agreement and will be $10 multiplied by the number of months remaining in the term. TELUS reserves the right to substitute an equivalent or better product without notice. Rental equipment must be returned in good condition upon cancellation of service, otherwise the replacement cost will be charged to the account. PVR capabilities subject to and limited by applicable laws. Speed and signal strength depends on location, usage within the home network, Internet traffic, applicable network management and server configurations. ‡ Based on a medium sized structure using standard building materials. Wi-Fi signal reception may vary based on the number of active Wi-Fi devices and available Wi-Fi signals. Wi-Fi Plus may be required for full coverage, charged separately TELUS, the TELUS logo, Optik, Optik TV, telus.com and the future is friendly are trademarks of TELUS Corporation, used under licence. Wi-Fi is a registered trademark of the Wi-Fi Alliance. © 2014 TELUS.